



SCAN ME

Certificate in Fitness Management

WHY CHOOSE IMSC?



High Employability

Prepare students to meet the needs of the future industry



Industry Relevance

Industry experts to help keep our programmes relevant



Industry Recognition

Received endorsements from industry-leading organisations



International Partners

Established partnerships and worked with industry-leading education institutions

COURSE OVERVIEW

The Certificate in Fitness Management provides the skills and knowledge for an individual to be competent in a range of activities and functions requiring autonomous work within a defined range of exercise instruction situations and activities. This certificate will also provide the foundation for all learners looking to pursue higher academic education in the area of sports science and management.

JOB PROSPECTS

- Talent/Sports Development Manager
- Fitness Centre Manager
- Sports Administrator
- Strength and Conditioning Trainer
- Sport Scientist Assistant
- Sports Coach
- Fundamental Movement Skills Kids Trainer
- Gym Manager
- Community/School Coaches



Cert No. : EDU-2-2149
Validity : 11/04/2022 - 10/04/2026

RCB No. 200305869C | Exp: 13 July 2022 - 12 July 2026



@ IMSC



@ int.mgmt.and.sports.college

Visit us at : www.imsc.edu.sg/cert-in-fitness-management

Contact us at : +65 6423 0668 or info@imsc.edu.sg.

Entry Requirements

- | | |
|------------------------------|--|
| Age | <ul style="list-style-type: none"> • Minimum 16 years old |
| Academic Qualification | <ul style="list-style-type: none"> • 3 GCE 'O' Level Passes at C6 and above • NITEC or Higher NITEC; or • Formal education equivalent to GCE 'O' Levels |
| English Language Proficiency | <ul style="list-style-type: none"> • GCE 'O' Level Pass in English at C6 and above; or • IELTS 5.0 and above; or • WPLN Literacy Level 5 |

Intake

Quarterly intake. Please contact IMSC for specific intake dates.

Fees *

Local Students	\$ 2,635.20
<small>*Including application fees and Fee Protection Scheme fees; excluding medical insurance (optional) and miscellaneous fees (payable only if applicable)</small>	
International Students	\$ 3,358.80
<small>*Including application fees, Fee Protection Scheme fees and medical insurance (compulsory); excluding miscellaneous fees (payable only if applicable)</small>	

Duration

Full - Time	(3 hours x 5 days a week)	3 Months
Part - Time	(3 hours x 3 days a week)	6 Months

COMPULSORY CORE MODULES

No.	Module Title
1	Basic Sports Science
2	Personal Training
3	Business Management
4	Research & Academic Writing

Enrollment



Contact IMSC at **6423 0668** or
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In Partnership with :



MODULES DESCRIPTION

BASIC SPORTS SCIENCE

This module is designed to introduce various sports science concepts which will aid learners in their pursuit of other sporting certifications and courses. During this course, learners will be introduced to the basic concepts in the following areas: Human Anatomy and Physiology, Sports Nutrition, Sports Biomechanics, Sports Psychology and Strength & Conditioning.

PERSONAL TRAINING

This module aims to equip learners with the necessary skills to communicate with clients and develop suitable training programmes according to their needs and goals. The learners will also understand the roles and legal responsibilities of a personal trainer.

BUSINESS MANAGEMENT

The aim of this module is to develop learners' understanding of businesses types and various external influences on organizations. This unit will also provide information that is essential to help prospective entrepreneurs in setting up their businesses.

RESEARCH & ACADEMIC WRITING

The aim of this unit is to provide learners with an understanding of the main factors influencing the development of the hospitality and tourism industry. Learners will develop the ability to analyse the factors affecting demand within the industry as well as knowledge of the main providers of goods and services in hospitality and tourism.

Enrollment



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Passion

Progress

Purpose

Fees

LOCAL STUDENTS		
FEES BREAKDOWN		AMOUNT INCLUDING GST (SGD)
<i>Academic Fees</i>		
1	Course Fees	\$ 1,728.00
2	Course Material Fees	\$ 216.00
3	Examination Fees	\$432.00
SUB - TOTAL :		\$ 2,376.00
<i>Others</i>		
4	Application Fees - <i>non-refundable</i>	\$ 194.40
5	Fee Protection Scheme (FPS) - <i>compulsory</i>	\$ 64.80
GRAND - TOTAL :		\$ 2,635.20
6	Medical Insurance - <i>optional</i>	\$ 97.20
		\$ 2,732.40
<p><i>Note :</i></p> <ul style="list-style-type: none"> • Application Fees have to be paid to begin the registration process. • Fee Protection Scheme is compulsory and payable before course commencement. • Instalment payment potentially available for local students. • Medical insurance is optional, depending on whether student has equivalent local insurance coverage. 		

MISCELLANEOUS FEES (PAYABLE ONLY IF APPLICABLE)		
PURPOSE OF FEES		AMOUNT INCLUDING GST (SGD)
1	Deferment Fees	\$ 237.60
2	Re-Assessment Fees (<i>per unit</i>)	\$ 172.80
3	Re-Module Fees (<i>per module</i>)	\$ 432.00
4	Penalty for Late Payment (<i>per week</i>)	\$ 10.80
5	ICA Online Issuance Fee (<i>for Student's Pass</i>)	\$ 60.00 - \$ 90.00
6	Replacement of Student ID	\$ 21.60
7	Medical Insurance (<i>if applicable</i>)	\$ 97.20
8	IMSC T-Shirt	\$ 32.40
9	Exam Appeal Fee	\$ 54.00
10	Renewal of Student's Pass (<i>including ICA processing & issuance fee</i>)	\$ 120.00
11	Printing Cost (<i>per sheet</i>)	\$ 0.20 - \$ 0.40

Enrollment



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Fees

INTERNATIONAL STUDENTS		
FEES BREAKDOWN		AMOUNT INCLUDING GST (SGD)
<i>Academic Fees</i>		
1	Course Fees	\$ 2,160.00
2	Course Material Fees	\$ 216.00
3	Examination Fees	\$ 432.00
SUB - TOTAL :		\$ 2,808.00
<i>Others</i>		
4	Application Fees - <i>non-refundable</i>	\$ 388.80
5	Fee Protection Scheme (FPS) - <i>compulsory</i>	\$ 64.80
6	Medical Insurance - <i>compulsory</i>	\$ 97.20
GRAND - TOTAL :		\$ 3,358.80
<p>Note :</p> <ul style="list-style-type: none"> • Application Fees have to be paid to begin the registration process. • All items except Application Fees must be paid in a single instalment before course commencement. 		

MISCELLANEOUS FEES (PAYABLE ONLY IF APPLICABLE)		
PURPOSE OF FEES		AMOUNT INCLUDING GST (SGD)
1	Deferment Fees	\$ 237.60
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About IMSC

The International Management and Sports College (IMSC) was formed after a rebranding exercise undertaken by the International Sports Academy (ISA).

ISA was founded in 2003 to provide the much-needed knowledge and skills required to empower individuals with the right tools to achieve success in the burgeoning sporting industry. Together with our partners from the United States Sports Academy, the National Strength and Conditioning Association, and the American Council on Exercise, we offer quality certifications and diplomas that are recognised internationally, to provide our students with an edge in the sports and fitness industry.

Over the years, the sports and fitness industry has evolved greatly and the local sports scene has seen an explosion of world-class sports events like Formula One and the WTA Finals. There is now a demand for trained personnel not just in sports and fitness, but also in tourism, hospitality, events management, marketing, retail, and facilities management. Thus ISA was renamed International Management and Sports College (IMSC) to better reflect our increased course offerings in business, tourism and hospitality management to better serve the changing needs of the industry.

IMSC will continue to serve as Singapore's and the region's premier private education institution, in providing a holistic education that equips individuals with the skillsets and competencies required for the future economy. We offer a series of quality academic programmes, professional certifications and continuing education courses to cater to varied needs and schedules, in helping our students achieve their goals in lifelong learning.

OUR MISSION

To provide a holistic education that equips individuals with the skillsets and competencies required for the industry.

OUR CULTURE

Where success is not quantified by just the result, but rather by the calibre of the pursuit.

OUR VISION

To develop industry-ready individuals for the future economy.

OUR VALUES

Passion | Progress | Purpose

Why choose IMSC?

- Conferred Edutrust (4-Year) Award by the Committee for Private Education for maintaining high standards in providing quality education services.
- Appointed Education Partner by University of Portsmouth for Sports Science and Sports Management programmes.
- Named Most Preferred Private Education Institute for Diploma/Advanced Diploma (Sports and Recreation) by JobsCentral Learning Survey.
- Provides early industry exposure and job placement assistance through extensive industry network.
- Endorsed by leading industry employers such as Virgin Active, True Fitness, the Pure Group, BFT, among others.
- Offers continuing education courses for increasing skillsets.

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