



SCAN ME

International Diploma in Sport and Exercise Science (SPORT FITNESS)

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 United States Sports Academy International Sports Diploma in Sports and Exercise Science is designed for professionals and practitioners who are already working in sports-related industries as well as those who plan to embark on a career in the industry. The program will provide learners with opportunities to further their studies in the sport-related areas of administration, coaching principles, personal training, nutrition, conditioning and psychology, with a focus on the development of professional management and training skills that are essential in the design and implementation of sports fitness programs.

JOB PROSPECTS

- Exercise Physiologist
- Sports Development Officer
- Fitness Centre Manager
- Sports Therapist
- Sports Athletic Trainer
- Event Organizer
- Sports Administrator
- Health Promotion Specialist
- Sports Coach
- Strength and Conditioning Trainer / Specialist
- Gym Manager



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

@ IMSC

@ int.mgmt.and.sports.college

Visit us at : www.imsc.edu.sg/ussaisd-sports-exercise-science

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; or • NITEC or Higher NITEC; or • Formal education equivalent to 'O' Levels; or equivalent • Mature candidates (≥ 30 years old with 8 years' work experience); or candidates with other qualifications will be considered on a case-by-case basis
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 • TOEFL 49 and above; or • Pearson Test of English (PTEA) 42 and above; or • Duolingo English Test Score (DET) score of 75 and above; or • Pass in IMSC Language Literacy and Numeracy (LLN) Test

Intake

Quarterly intake. Please contact IMSC for specific intake dates.

Fees *

Local Students \$ 7,477.40

*Including application fees and Fee Protection Scheme fees; excluding medical insurance (optional) and miscellaneous fees (payable only if applicable)

Duration

(3 - 7 hours x 2 days a week)

Full - Time 6 Months

Part - Time 12 Months

Mentorship (compulsory) Min. 200 Hours

Enrollment



Contact IMSC at **6423 0668** or
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COMPULSORY CORE MODULES

No.	Module Title
1	Sports Coaching Methodology
2	Sports Strength and Conditioning
3	Sports and Fitness Nutrition
4	Human Anatomy and Physiology
5	Sports Performance Enhancement
6	Principles of Fitness and Health
7	Personal Training
8	Sports Administration
9	Sports Business and Personnel Management
10	Sports Marketing

In Partnership with :



MODULES DESCRIPTION

SPORTS COACHING METHODOLOGY

This module covers theories and their practical application in teaching sports and sports skills. It is designed to enable students in gaining competence in applying competitive tactics and strategies appropriate to the sport environment. Particular emphasis is placed on developing a coaching philosophy with an emphasis in coaching ethics, conducting effective and efficient practice sessions, utilizing game management strategies, and skill analysis.

SPORTS STRENGTH AND CONDITIONING

This module is designed to study the fundamental principles of training and nutrition in sports. It provides students a solid knowledge of strength and conditioning as it relates to anatomical and physiological systems challenged by sport conditioning, strength training, and an awareness of fitness and nutrition programs which can be used to enhance individual and team performance in sport.

SPORTS AND FITNESS NUTRITION

This module introduces students to the essentials of nutrition, food production and the workings of the alimentary system and looks at relation of these elements to exercise.

HUMAN ANATOMY AND PHYSIOLOGY

This module will help the student to understand the structure and functions of the various systems of the human body.

SPORTS PERFORMANCE ENHANCEMENT

This module introduces students to the concepts and principles of skill development, performance analysis and teaching techniques.

Enrollment



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In Partnership with :



MODULES DESCRIPTION

PRINCIPLES OF FITNESS AND HEALTH

This module introduces students to the study of the importance of physical activity on the enhancement of the quality of life, performance and prevention of diseases such as coronary artery disease and obesity. The principles of physical activity as it relates to the athlete and the average individual in our society are also addressed.

PERSONAL TRAINING

This module provides students a solid background in the area of personal training. This module combines sports science and entrepreneurial principles in the design and implementation of a personal training regime.

SPORTS ADMINISTRATION

This module will help the student understand the sport manager's position and the environment in which performance occurs.

SPORTS BUSINESS AND PERSONNEL MANAGEMENT

This module involves the study of the principles of personnel management including staffing, training, and creation of a favorable work environment, management-labor relations, remuneration, security and system appraisal as they apply to sport.

SPORTS MARKETING

This module includes an in-depth study of sport marketing and the influence it has in accomplishing objectives in today's world of sport.

MENTORSHIP (200 HOURS)

Upon completion of all 10 modules, students are required to complete a mentorship.

Enrollment



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In Partnership with :



Fees

LOCAL STUDENTS		
FEES BREAKDOWN		AMOUNT INCLUDING GST (SGD)
<i>Academic Fees</i>		
1	Course Fees	\$ 5,450.00
2	Course Material Fees	\$ 545.00
3	Examination Fees	\$ 1,090.00
SUB - TOTAL :		\$ 7,085.00
<i>Others</i>		
4	Application Fees - <i>non-refundable</i>	\$ 196.20
5	Fee Protection Scheme (FPS) - <i>compulsory</i>	\$196.20
GRAND - TOTAL :		\$ 7,477.40
6	Medical Insurance - <i>optional</i>	\$ 98.10
		\$ 7,575.50
<i>Note :</i>		
<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	\$ 239.80
2	Re-Assessment Fees (<i>per unit</i>)	\$ 163.50
3	Re-Module Fees (<i>per module</i>)	\$ 436.00
4	Penalty for Late Payment (<i>per week</i>)	\$ 10.90
5	ICA Online Issuance Fee (<i>for Student's Pass</i>)	\$ 60.00 - \$ 90.00
6	Medical Insurance (<i>if applicable</i>)	\$ 98.10
7	IMSC T-Shirt	\$ 32.70
8	Exam Appeal Fee	\$ 54.50
9	Renewal of Student's Pass (<i>including ICA processing & issuance fee</i>)	\$ 120.00
10	Printing Cost (<i>per sheet</i>)	\$ 0.20 - \$ 0.40

Enrollment



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In Partnership with :

Passion | Progress | Purpose



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 VISION

To develop industry-ready individuals for the future economy.

OUR CULTURE

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

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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