



SCAN ME

# Diploma in Sport Science and Coaching

## 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 Diploma in Sports Science and Coaching is designed to provide well-rounded knowledge and skills in the area of Sports Science, Administration and Coaching. The programme will provide a strong foundation for students who want to develop their knowledge in such fields. This programme will enable students to make well-informed and confident decisions in the Sporting Industry.

## 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/imscdip-sport-science-coaching](http://www.imsc.edu.sg/imscdip-sport-science-coaching)

Contact us at : +65 6423 0668 or [info@imsc.edu.sg](mailto:info@imsc.edu.sg).

## Entry Requirements

Age	<ul style="list-style-type: none"> <li>Minimum 16 years old</li> </ul>
Academic Qualification	<ul style="list-style-type: none"> <li>2 GCE 'O' Level Passes at C6 and above; or</li> <li>3 GCE 'N' Level Passes at C6 and above; or</li> <li>NITEC or Higher NITEC; or</li> <li>Formal education equivalent to 'O' Levels;</li> <li>Mature candidates (≥ 30 years old with 8 years' work experience); or candidates with other qualifications will be considered on a case-by-case basis</li> </ul>
English Language Proficiency	<ul style="list-style-type: none"> <li>GCE 'O' Level Pass in English at C6 and above; or</li> <li>IELTS 5.0 and above; or</li> <li>TOEFL 49 and above; or</li> <li>Pearson Test of English (PTEA) 42 and above; or</li> <li>Duolingo English Test Score (DET) score of 75 and above; or</li> <li>Pass in IMSC Language Literacy and Numeracy (LLN) Test</li> </ul>

## Intake

Quarterly intake. Please contact IMSC for specific intake dates.

## Fees \*

Local Students	\$ 6,867.00
*Including application fees and Fee Protection Scheme fees; excluding medical insurance (optional) and miscellaneous fees (payable only if applicable)	
International Students	\$ 8,033.30
*Including application fees, Fee Protection Scheme fees and medical insurance (compulsory); excluding miscellaneous fees (payable only if applicable)	

## Duration

(3 hours x 5 days a week)

Full - Time	6 Months
Part - Time	8 Months
Industrial Attachment ( <i>compulsory</i> )	Up to 6 Months

## Recognitions

Students who complete IMSC's Diploma in Sports Science and Coaching will, and upon completing the following additional programmes:

1. Foundational Sports Science (FSS)
2. Intermediate Sports Science (ISS)

will obtain direct waiver from Coach SG for the following programmes:

1. Foundational Sports Science (FSS)
2. Intermediate Sports Science (ISS)
3. SG-Coach Level 1 Theory

## Enrollment



Contact IMSC at **6423 0668** or  
**info@imsc.edu.sg**



### COMPULSORY CORE MODULES

No.	Module Title
1	Human Anatomy and Physiology
2	Sport Psychology
3	Strength and Conditioning
4	Biomechanics and Sport Technology
5	Sport Administration
6	Sports Coaching Methodology
7	Fundamental Movement Skills

### ELECTIVES (CHOOSE 1)\*

- Personal Training • Sport Marketing • Skill Acquisition • Counselling  
• Kickboxing • Swimming • Fencing

In Partnership with :



## MODULES DESCRIPTION

### **HUMAN ANATOMY AND PHYSIOLOGY**

This module studies the structure and function of several systems of the human body. Anatomy and physiology understanding forms the fundamentals of various other topics related to sport and exercise fitness. Learners will be exposed to metabolic processes, many body systems, homeostatic control mechanisms and adaptations during exercise.

### **SPORTS PSYCHOLOGY**

Sport performance depends on several sport science disciplines. Sport psychology is one that focuses on the experiences, motivation, adherence and mental skills related to sport and exercise. This module aims to provide understanding on psychological concepts and factors that would influence exercise participation and sport performance.

### **STRENGTH AND CONDITIONING**

Muscular strength is important for a activities of daily living, bone health and better metabolism and posture. Strength training is bread and butter in athletic development, but it should be done with specific plan and purpose. This module aims to provide concept and practice-based understanding of muscular fitness and conditioning, use of periodization and development for different sport and exercise participants.

### **BIOMECHANICS AND SPORTS TECHNOLOGY**

Sport biomechanics is a study of mechanical laws related to the movement or structure of the human body in sporting context. This topic allows us to gain understanding of athletic events through measurements and analysis. This module provide learners the basic mechanical concepts, laboratory equipment and software to study human movements.

### **SPORT ADMINISTRATION**

Organisations are constantly in demand for information and expertise to help make big decisions. Learners will be taught the recognized duties of management positions, from an overview of basic supervision skills to focuses on contemporary issues. This module prepares the prospective sport administrator a comprehensive and contemporary introduction to administration, organization, and management principles and their applications in the broad sports settings.

### **SPORT COACHING METHODOLOGY**

This unit looks at the fundamentals of sport coaching. Learners will learn about the process of planning and designing coaching program, delivering and implementing training methods and discuss the methods to manage and minimize risks.

## Enrollment



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## MODULES DESCRIPTION

### FUNDAMENTAL MOVEMENT SKILLS

This unit provides an over overview of the role and importance of fundamental movement skills. Learners will have the understanding of the skills within the movement framework and acquire the ability to implement the assessments and analyse the results. Learners will also look at designing and developing programmes to improve FMS of the students.

## ELECTIVES (CHOOSE 1 OUT OF 7)\*

### PERSONAL TRAINING

This unit provides the learners with the understanding of being a personal trainer and acquire the proper skills and knowledge to design safe, effective and customised personal training programs for their clients. Topics include communication techniques, functional training and program design for special populations

### SPORT MARKETING

Sports Marketing focuses on promotion of sports events, team, products and services through sporting events and teams. Today, it even ventures out of sporting events into the corporate world. This module provide learners with knowledge of topics include advertising, promotions, public relations, location, pricing, sponsorships, licensing, market segmentation, and the role of research.

### SKILL ACQUISITION

Skill acquisition looks at how the joints and body segments of an individual work together to perform tasks. This unit looks at the theories and models relating to skill acquisition. Learners will understand the concepts of human growth, maturation and development, the classification of motor skills and the principles of skills learning.

### COUNSELLING

This unit equips students with interpersonal skills that all leaders need when interacting in any situation. Learners will be exposed to several approaches to counselling from the humanistic, cognitive and psychoanalytic perspective. Topics include enhancing communication skills, goal setting, techniques to deal with issues, dealing with resistance and counselling in individual and group settings.

### KICKBOXING

This unit prepares Sports coaches who are interested in grooming kickboxing athletes or using kickboxing to cross train athletes from various sports backgrounds. During this course, students will acquire more knowledge on the competitive and combative elements of kickboxing.

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## MODULES DESCRIPTION

### SWIMMING

This unit covers the fundamental principles of swimming and swim coaching. This course is designed to introduce coaches to the philosophy of sport and empower coaches on the pool deck.

### FENCING

This unit covers the fundamental principles of fencing and fencing coaching. This course is designed to for individuals who are looking to conduct fencing coaching programmes at a community level.

### INDUSTRIAL ATTACHMENT

Upon completion of all academic modules, students are required to undertake an industrial attachment of up to 6 months with an organization of their choice. The industrial attachment gives students first-hand practical experience and the chance to see what a variety of different jobs are really like, including some the student may not have considered. Students will learn more about the expectations of different roles and develop key competencies needed for employment. Students will be required to submit reports and evaluations during the attachment.

## Enrollment



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## Fees

LOCAL STUDENTS		
FEES BREAKDOWN		AMOUNT INCLUDING GST (SGD)
<i>Academic Fees</i>		
<b>1</b>	Course Fees	\$ 5,232.00
<b>2</b>	Course Material Fees	\$ 436.00
<b>3</b>	Examination Fees	\$ 872.00
<b>SUB - TOTAL :</b>		<b>\$ 6,540.00</b>
<i>Others</i>		
<b>4</b>	Application Fees - <i>non-refundable</i>	\$ 196.20
<b>5</b>	Fee Protection Scheme (FPS) - <i>compulsory</i>	\$ 130.80
<b>GRAND - TOTAL :</b>		<b>\$ 6,867.00</b>
<b>6</b>	Medical Insurance - <i>optional</i>	\$ 98.10
		<b>\$ 6,965.10</b>
Note : <ul style="list-style-type: none"> <li>• Application Fees have to be paid to begin the registration process.</li> <li>• Fee Protection Scheme is compulsory and payable before course commencement.</li> <li>• Instalment payment potentially available for local students.</li> <li>• Medical insurance is optional, depending on whether student has equivalent local insurance coverage.</li> </ul>		

MISCELLANEOUS FEES (PAYABLE ONLY IF APPLICABLE)		
PURPOSE OF FEES		AMOUNT INCLUDING GST (SGD)
<b>1</b>	Deferment Fees	\$ 239.80
<b>2</b>	Re-Assessment Fees ( <i>per unit</i> )	\$ 163.50
<b>3</b>	Re-Module Fees ( <i>per module</i> )	\$ 436.00
<b>4</b>	Penalty for Late Payment ( <i>per week</i> )	\$ 10.90
<b>5</b>	ICA Online Issuance Fee ( <i>for Student's Pass</i> )	\$ 60.00 - \$ 90.00
<b>6</b>	Medical Insurance ( <i>if applicable</i> )	\$ 98.10
<b>7</b>	IMSC T-Shirt	\$ 32.70
<b>8</b>	Exam Appeal Fee	\$ 54.50
<b>9</b>	Renewal of Student's Pass ( <i>including ICA processing &amp; issuance fee</i> )	\$ 120.00
<b>10</b>	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>		
<b>1</b>	Course Fees	\$ 6,104.00
<b>2</b>	Course Material Fees	\$ 436.00
<b>3</b>	Examination Fees	\$ 872.00
<b>SUB - TOTAL :</b>		<b>\$ 7,412.00</b>
<i>Others</i>		
<b>4</b>	Application Fees - <i>non-refundable</i>	\$ 392.40
<b>5</b>	Fee Protection Scheme (FPS) - <i>compulsory</i>	\$ 130.80
<b>6</b>	Medical Insurance - <i>compulsory</i>	\$ 98.10
<b>GRAND - TOTAL :</b>		<b>\$ 8,033.30</b>
Note : <ul style="list-style-type: none"> <li>• Application Fees have to be paid to begin the registration process.</li> <li>• All items except Application Fees must be paid in a single instalment before course commencement.</li> </ul>		

MISCELLANEOUS FEES (PAYABLE ONLY IF APPLICABLE)		
PURPOSE OF FEES		AMOUNT INCLUDING GST (SGD)
<b>1</b>	Deferment Fees	\$ 239.80
<b>2</b>	Re-Assessment Fees ( <i>per unit</i> )	\$ 163.50
<b>3</b>	Re-Module Fees ( <i>per module</i> )	\$ 436.00
<b>4</b>	Penalty for Late Payment ( <i>per week</i> )	\$ 10.90
<b>5</b>	ICA Online Issuance Fee ( <i>for Student's Pass</i> )	\$ 60.00 - \$ 90.00
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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

We are committed to becoming Asia's premier education innovator, empowering students with industry-aligned skills that transcend borders



### OUR VISION

To lead Asia in building sustainable, global careers



### 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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