INTERNATIONAL MANAGEMENT & SPORTS COLLEGE

223 Mountbatten Road #03-15/16/17/18 Singapore 398008

UNIVERSITY OF PORTSMOUTH

This Degree programme is awarded by the University of Portsmouth.

Bachelor of Science in Sport and Exercise Science (Top-up)

SCAN ME

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

edutrust SINGAPORE

Certificate No. EDU-2-2149
Validity: 11 April 2026 to 10 April 2030

RCB No. 200305869C | Exp: 13 July 2026 - 12 July 2028

COURSE OVERVIEW

The Bachelor of Science in Sport and Exercise Science (Top-up) programme offered by the University of Portsmouth is primarily concerned with the analysis and enhancement of sporting and exercise performance from both a performer's and scientist's perspective. To reflect the varying areas explored in this domain, there are four main themes to the course which include: Exercise and Health Physiology, Sport and Exercise Psychology, Kinesiology and Biomechanics, and Research Methods and Skills in Higher Education. It is deemed by the Department that a thematic approach enables students to study the science of sport from a multi-disciplinary perspective whilst having an introduction to inter-disciplinary study.

JOB PROSPECTS

- Health and Fitness Trainer
- Physical Education Teacher
- Exercise Physiologist
- Strength and Conditioning Trainer
- Sport Science Assistant
- Sports Therapist

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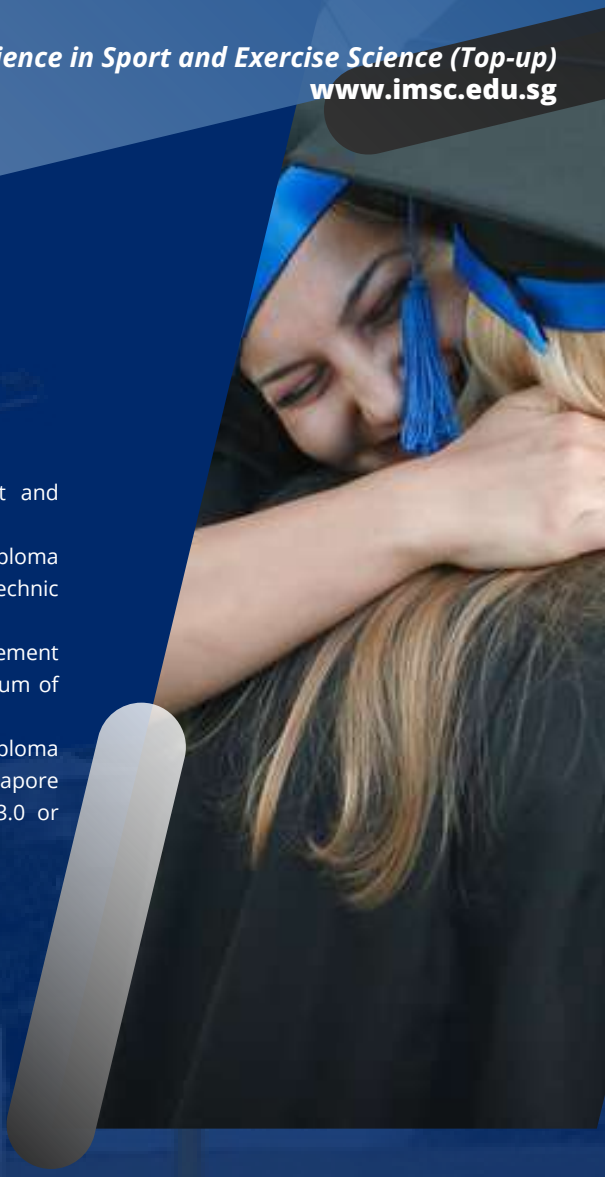

Entry Requirements

Age	• Minimum 17 years old
Academic Qualification	• Diploma of Higher Education in Sport and Exercise Science from UoP; or • Diploma in Sport & Exercise Science, Diploma in Sports Coaching from Republic Polytechnic with a minimum of GPA 2.5; or • Diploma in Sport & Wellness Management from Nanyang Polytechnic with a minimum of GPA 2.5; or • Equivalent relevant Advanced/Higher Diploma qualifications awarded by other Singapore registered PEIs with a minimum GPA 3.0 or equivalent
English Language Proficiency	• GCE 'O' Level Pass in English at C6 and above; or • IELTS 6.0 and above, no sub-component below 5.5 or equivalent

Intake

Intakes in May and September. Please contact IMSC for specific intake dates.

Fees *

Local Students	$ 12,957.80

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

International Students	$ 14,377.10

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

Duration

Full - Time / Part - Time	8 Months

COMPULSORY CORE MODULES

No.	Module Title
1	Advanced Strength and Conditioning
2	Applications of Exercise Physiology
3	Project

ELECTIVES (CHOOSE 2 OUT OF 3)

4	Advanced Sports Nutrition
5	Applied Skill Acquisition *must have completed the Principles of Skill Acquisition module (Level 5)
6	Professional Practice in Sport Psychology

Enrollment

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

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INTERNATIONAL MANAGEMENT & SPORTS COLLEGE

Awarding Body

This Degree programme is awarded by the University of Portsmouth.

Delivery Methods

- Classroom
- Theory
- Practical

Aims

The global aim for this course is to provide students with a multidisciplinary approach as to how science can benefit sporting performance

- To develop knowledge and understanding of the human responses and adaptions to sport and exercise.
- To develop knowledge and understanding of the scientific principles through the study of the performance of sport and its enhancement, monitoring and analysis.
- To produce graduates with a firm theoretical and practical grounding in their subject area.
- To provide student choice within a flexible curriculum framework.
- To provide students with a multi-disciplinary framework to the study of sport and exercise and to introduce an inter-disciplinary approach.
- To equip students with a broad range of academic, personal development and enterprise skills.
- To provide students with the opportunity to specialise in particular facets of sports science.
- To develop awareness in relation to ethical issues in sport, human performance and human experimentation.

Course Objectives

On successful completion of the course, students will also be able to demonstrate an understanding of:

- Basic concepts, principles and terminology underpinning the study of sport and exercise science
- Human responses and adaptations to sport and exercise interventions in a range of populations.
- How sporting performance can be measured, analysed and enhanced.
- Biomedical factors affecting exercise and sports performance.
- Research design and statistical techniques used in human experimentation.
- Wider effect of sport on social, cultural and political life

Recognition of Prior Learning

Recognition of Prior Learning (RPL) is a process where a candidate may be granted credit or partial credit towards a qualification in recognition of skills and knowledge gained through work experience and/or formal training. For additional information relating to RPL for this course, please contact IMSC.

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MODULES DESCRIPTION

ADVANCED STRENGTH AND CONDITIONING

This module focuses on the advanced principles of strength and conditioning. This module aims to apply contemporary theories and methodologies to the evaluation of strength and conditioning. In this module you will critically evaluate applied strength and conditioning research and advanced analysis procedures. The focus is on gaining more practical experience with biomechanical & physiological equipment and being able to utilise the most appropriate analysis techniques to answer relevant research questions.

APPLICATIONS OF EXERCISE PHYSIOLOGY

This module focuses on contemporary and emerging approaches to the application of fundamental principles of exercise physiology for enhancing sports performance. Key issues will be examined in the development of test procedures and protocols for physiological assessment in the laboratory and in the field. The module will also examine how this information can be used, in conjunction with evidence-based interventions, to improve aspects of sports performance and to guide training.

ADVANCED SPORTS NUTRITION

Sports supplements and their purported ergogenic effects have huge popularity with recreation and elite athletes alike. Some supplements have a strong scientific rationale and empirical evidence base, others are advertised with limited evidence. You will critically appraise the empirical evidence and literature and be able to understand the strengths and limitations of the research. Throughout this module you will explore niche 'ergogenic' sports supplements (stimulants e.g. caffeine; nitrate e.g. beetroot juice; antioxidants e.g. green tea and cherry juice; creatine and beta-alanine etc).

APPLIED SKILL ACQUISITION

This module will consider the work and challenges associated with translating theory and research in the domain of skill acquisition into practice. Specifically, the module will be divided into two phases: Phase I will focus upon the application of skill acquisition to youth and development age groups. Content will be focussed on the development of new and novel training practices that are grounded in theory and research perspectives. Phase II will focus on working with elite populations and have a core emphasis on critical analysis of current research perspectives with a view to using knowledge to inform periodised skill acquisition interventions.

PROFESSIONAL PRACTICE IN SPORTS PSYCHOLOGY

This module will provide an understanding of sport psychology application and professional practice. Specifically, taught content will explore the role of the sport psychology practitioner, models of practice, and the philosophical, ethical, and practical considerations of working in applied sport psychology settings. The module will introduce students to conducting and interpreting sport psychology initial assessments with athletes, teams and coaches. Students will also develop a critical awareness of a range of psychological strategies (and the underpinning theory and research) that can be employed to improve athlete, team, and coach performance.

PROJECT

This module will provide students an opportunity to apply the knowledge they have learnt, their intellectual abilities and practical skills in the realm of sport and exercise science.

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Fees

LOCAL STUDENTS		
FEES BREAKDOWN		**AMOUNT INCLUDING GST (SGD)**
Academic Fees		
1	Course Fees	$ 12,500.00
	SUB - TOTAL :	**$ 12,500.00**
Others		
2	Application Fees - ***non-refundable***	$ 196.20
3	Fee Protection Scheme (FPS) - ***compulsory***	$ 261.60
	GRAND - TOTAL :	**$ 12,957.80**
4	Medical Insurance - ***optional***	$ 98.10
		$ 13,055.90

Note :

- *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-AssessmentFees ***(per unit)***	$ 163.50
3	Re-Module Fees ***(per module)***	$ 436.00
4	Penalty for Late Payment ***(per week)***	$ 10.90
5	ICA Online Issuance Fee ***(for Student's Pass)***	$ 60.00 - $ 90.00
6	Medical Insurance ***(if applicable)***	$ 98.10
7	IMSC Uniform	$ 32.70
8	Exam Appeal Fee	$ 54.50
9	Renewal of Student's Pass ***(including ICA processing & issuance fee)***	$ 135.00
10	Printing Cost ***(per sheet)***	$ 0.20 - $ 0.40

Enrollment

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Fees

INTERNATIONAL STUDENTS		
FEES BREAKDOWN		**AMOUNT INCLUDING GST (SGD)**
Academic Fees		
1	Course Fees	$ 13,625.00
	SUB - TOTAL :	**$ 13,625.00**
Others		
2	Application Fees - ***non-refundable***	$ 392.40
3	Fee Protection Scheme (FPS) - ***compulsory***	$ 261.60
4	Medical Insurance - ***compulsory***	$ 98.10
	GRAND - TOTAL :	**$ 14,377.10**

Note :

- *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	$ 239.80
2	Re-AssessmentFees ***(per unit)***	$ 163.50
3	Re-Module Fees ***(per module)***	$ 436.00
4	Penalty for Late Payment ***(per week)***	$ 10.90
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About UOP

The University of Portsmouth (UOP) is a public university in the city of Portsmouth, Hampshire, England. UOP is one of the only four universities in the South East region to receive the highest and most prestigious 'Gold' rating for Teaching Excellence Framework (TEF) in United Kingdom (UK) – a Government scheme that recognises quality teaching and high levels of student satisfaction in Higher Education Institutions. This has placed UOP among the top 20% of the 299 Higher Education Institutions that entered the TEF in 2017.

UOP is also ranked in the top 150 young universities in the world, in the Times Higher Education ranking of universities less than 50 years old. UOP has risen in its ranking in The Complete University Guide - an independent ranking of excellence across 129 UK universities, where it is currently ranked 51st in the UK, from 56th in 2018. This also means that UOP is now 8th in the South East region. According to The Times Good University Guide 2019, UOP is one of the top 30 universities in UK for teaching quality and student experience. The 2020 National Student Survey also placed UOP in the top 30 of UK universities for student satisfaction, ranking 28 th and 2 nd in the South East. The National Student Survey measures final year students' satisfaction in all the UK universities to give feedback on factors such as the quality of their teaching, assessment and feedback, academic support, organisation and management, learning resources and personal development.

Today, UOP's variety of programmes cater to the needs of popular career fields such as Sport, Health and Exercise Science. The School of Sport, Health and Exercise Science at UOP is a vibrant interdisciplinary school within the Faculty of Science and Health. Graduates of these programmes under the School of Sport, Health and Exercise Science are exposed to physiology, psychology and biomechanics of the human body during exercise and its application to sports performance and health, as well as development and management of sport and the role of sport in society. They examine the role of physical activity in health and disease, strategies for increasing participation in sport and physical activity, and approaches to optimising human performance.

Why choose UOP?

- 'Gold' rating in the UK government's Teaching Excellence Framework (TEF)
- Endorsed by the British Association of Sports and Exercise Science (UK's leading sport science organization)

Enrollment

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About IMSC

Founded in 2003, IMSC stands as one of Singapore's pioneering private educational institutions. It emerged following the privatization of the education division within the former Singapore Sports Council.

We deliver tailored education solutions that transform students into globally competitive professionals and visionary entrepreneurs. Our programs are meticulously designed to align with high-growth industries, ensuring graduates not only secure opportunities but thrive in them.

During its founding days, IMSC was appointed by the United States Sports Academy (USSA) as its sole partner in Singapore to provide quality academic sports certifications and diplomas. Thereafter, IMSC continued to grow from strength to strength, and has diversified into providing professional certifications and education in multiple industries such as business management, hospitality and tourism, sports and wellness, logistics, and many others.

IMSC has persistently emphasized building a formidable international presence. It has attracted students from over 15 countries and has established academic and industry partnerships with esteemed institutions in China, Malaysia, Vietnam, England, Australia, and India. Today, IMSC's programmes can also be found in countries like Malaysia and China.

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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