INTERNATIONAL MANAGEMENT & SPORTS COLLEGE

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

SCAN ME

Diploma in Sports 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

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

@ IMSC

@ int.mgmt.and.sports.college

Visit us at : www.imsc.edu.sg/imscdip-sport-science-coaching

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

INTERNATIONAL MANAGEMENT & SPORTS COLLEGE

Diploma in Sports Science and Coaching

www.imsc.edu.sg

Entry Requirements

Age	• Minimum 16 years old
Academic Qualification	• 2 GCE 'O' Level Passes at C6 and above; or • 3 GCE 'N' Level Passes at C6 and above; or • NITEC or Higher NITEC; or • Formal education equivalent to 'O' Levels; • 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	• 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 $ 6,867.00

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

International Students $ 7,815.30

*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 ***(compulsory)***	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

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

Enrollment

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

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In Partnership with :

USM UNIVERSITI SAINS MALAYSIA

APEX

UOW MALAYSIA KDU

PART OF THE UNIVERSITY OF WOLLONGONG AUSTRALIA GLOBAL NETWORK

NSCA GLOBAL CHAPTER SINGAPORE

NSCA NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

UNIVERSITY OF PORTSMOUTH

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Diploma in Sports Science and Coaching
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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.

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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

Sport 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.

Enrollment

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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.

Fees

LOCAL STUDENTS		
FEES BREAKDOWN		**AMOUNT INCLUDING GST (SGD)**
Academic Fees		
1	Course Fees	$ 6,540.00
	SUB - TOTAL :	**$ 6,540.00**
Others		
2	Application Fees - ***non-refundable***	$ 196.20
3	Fee Protection Scheme (FPS) - ***compulsory***	$ 130.80
	GRAND - TOTAL :	**$ 6,867.00**
4	Medical Insurance - ***optional***	$ 98.10
		$ 6,965.10

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

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Fees

INTERNATIONAL STUDENTS		
FEES BREAKDOWN		**AMOUNT INCLUDING GST (SGD)**
Academic Fees		
1	Course Fees	$ 7,194.00
	SUB - TOTAL :	**$ 7,194.00**
Others		
2	Application Fees - ***non-refundable***	$ 392.40
3	Fee Protection Scheme (FPS) - ***compulsory***	$ 130.80
4	Medical Insurance - ***compulsory***	$ 98.10
	GRAND - TOTAL :	**$ 7,815.30**

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
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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 SkillsFuture Singapore 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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