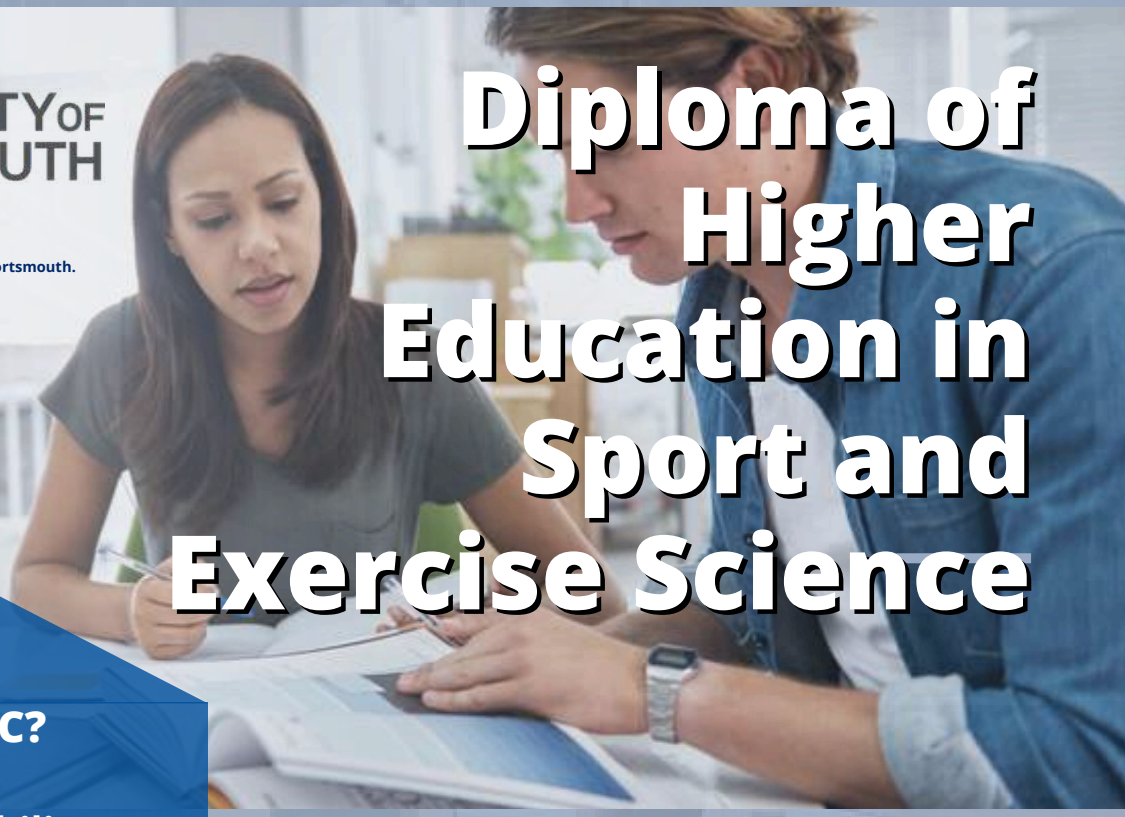
INTERNATIONAL MANAGEMENT & SPORTS COLLEGE

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

UNIVERSITY OF PORTSMOUTH

This Degree programme is awarded by the University of Portsmouth.

SCAN ME



Diploma of Higher Education in Sport and Exercise Science

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 Diploma of Higher Education in Sport and Exercise Science 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

INTERNATIONAL MANAGEMENT & SPORTS COLLEGE

Diploma of Higher Education in Sport and Exercise Science

www.imsc.edu.sg



Entry Requirements

Age	• Minimum 17 years old
Academic Qualification	• Diploma in Sports Science and Management from IMSC; or • Diploma graduate from recognized sports and exercise science, sport and wellness, health services and management-related programmes
English Language Proficiency	• GCE 'O' Level Pass in English at C6 and above; or • IELTS 5.5 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 $ 11,957.80

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

International Students $ 13,287.10

*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

Upon successful completion of this Diploma programme, graduates may progress to the Bachelor of Science in Sport and Exercise Science (Top-up) offered by University of Portsmouth.

COMPULSORY CORE MODULES

No.	Module Title
1	Nutrition for Sport, Exercise and Health
2	Advanced Exercise Physiology
3	Strength and Conditioning for Sport, Exercise and Health
4	Preparing Research, Innovation or Enterprise Projects

ELECTIVES (CHOOSE 2 OUT OF 3)

5	Principles of Performance Analysis
6	Principles of Skill Acquisition
7	Psychology of Sport and Exercise

Enrollment

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

Passion | Progress | Purpose

In Partnership with :

USM Universiti Sains Malaysia · APEX · UOW Malaysia KDU · NSCA Global Chapter Singapore · NSCA National Strength and Conditioning Association · University of Portsmouth

INTERNATIONAL MANAGEMENT & SPORTS COLLEGE

Diploma of Higher Education in Sport and Exercise Science
www.imsc.edu.sg

Awarding Body

This Diploma 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:

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

- Knowledge and critical understanding of the well-established principles of their area(s) of study, and of the way in which those principles have developed.
- Ability to apply underlying concepts and principles outside the context in which they were first studied, including, where appropriate, the application of those principles in an employment context.
- Knowledge of the main methods of enquiry in the subject(s) relevant to the named award, and ability to evaluate critically the appropriateness of different approaches to solving problems in the field of study.
- An understanding of the limits of their knowledge, and how this influences analyses and interpretations based on that knowledge.

Typically, holders of the qualification will be able to:

- Use a range of established techniques to initiate and undertake critical analysis of information, and to propose solutions to problems arising from that analysis
- Effectively communicate information, arguments and analysis in a variety of forms to specialist and non-specialist audiences, and deploy key techniques of the discipline effectively.
- Undertake further training, develop existing skills and acquire new competences that will enable them to assume significant responsibility within organisations.

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.

Enrollment

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

Passion | Progress | Purpose

In Partnership with :

USM Universiti Sains Malaysia · APEX · UOW Malaysia KDU · NSCA Global Chapter Singapore · NSCA National Strength and Conditioning Association · University of Portsmouth

MODULES DESCRIPTION

NUTRITION FOR SPORT, EXERCISE AND HEALTH

The module will cover contemporary topics in nutrition in relation to health-related fitness and sport. This module will provide critical understanding of the requirements for fluid, macro and micronutrients for health, fitness and sport. In addition, there will be the opportunity to apply methods of assessing nutrition, body composition and health related fitness and finally provide students with the necessary skills to analyse the relationships between nutrition, health, fitness and sports performance.

ADVANCED EXERCISE PHYSIOLOGY

This module will provide students with a detailed insight into the cardio-pulmonary and metabolic responses to exercise in healthy individuals when performing in a normobaric environment. It will also examine how these responses differ between exercise type/mode and examine the physiological factors limiting exercise performance. Additionally, it will expose students to different methods of collecting, handling and processing exercise data.

STRENGTH AND CONDITIONING FOR SPORT, EXERCISE AND HEALTH

Strength and Conditioning coaches have two primary goals. The first is to improve performance e.g. improving athletes' speed, strength and power (although specifics vary according to athlete and sport). Strength and Conditioning coaches develop systematic training programmes for both teams and individuals, often working in close association with coaches and physiotherapists. This usually includes teaching proper techniques, supervising and motivating athletes as they work out and assessing health and performance before and after the programme. The second is to reduce injuries and to that end, conditioning coaches often design regimens to strengthen body parts that are prone to injury in a particular sport. Therefore, the aim of this module is to focus on the principles and application of Strength and Conditioning.

PREPARING RESEARCH, INNOVATION OR ENTERPRISE PROJECTS

Following-on from the research methods taught within the course programmes at level 4, this module takes a more in-depth look at a greater number of qualitative and quantitative methods, and explores the key considerations when preparing to conduct research, innovation and enterprise project work. Students will cover a range of designs and approaches in order to develop their knowledge and awareness in preparation for research, innovation and enterprise project work, which will form part of the subsequent course programme at Level 6 (Bachelor of Science in Sport Science and Exercise).

PRINCIPLES OF PERFORMANCE ANALYSIS

This module will consider key concepts in the field of sport performance analysis alongside the use and application of analysis technologies. Students will critically explore feedback and analytical perspectives alongside associated research within the domain of performance analysis. Further, students will also be required to consider the application of extant performance analysis research knowledge in an applied setting. Students will be encouraged to reflect on the professional skills needed in the field of sports performance analysis in order to prepare individuals for prospective professional development.

PRINCIPLES OF SKILL ACQUISITION

This module will outline and discuss fundamental principles of skill acquisition in human performance. Specifically, taught content will explore contemporary theory and research about how humans learn motor skills, including perceptual and cognitive processes, and what are the roles of practice design and instructions during the learning process.

PSYCHOLOGY OF SPORT AND EXERCISE

This module will outline and discuss key areas of sport and exercise psychology knowledge. Specifically, taught content will explore contemporary theory and research associated with the psychology of sport including factors impacting sport performance and athlete mental health, and the psychology of physical activity (PA) including the promotion of PA and the role that exercise can play in the treatment of mental health problems.

Enrollment

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

Passion | Progress | Purpose

In Partnership with :

USM Universiti Sains Malaysia · APEX · UOW Malaysia KDU · NSCA Global Chapter Singapore · NSCA National Strength and Conditioning Association · University of Portsmouth

Fees

LOCAL STUDENTS		
FEES BREAKDOWN		**AMOUNT INCLUDING GST (SGD)**
Academic Fees		
1	Course Fees	$ 11,500.00
	SUB - TOTAL :	**$ 11,500.00**
Others		
2	Application Fees - ***non-refundable***	$ 196.20
3	Fee Protection Scheme (FPS) - ***compulsory***	$ 261.60
	GRAND - TOTAL :	**$ 11,957.80**
4	Medical Insurance - ***optional***	$ 98.10
		$ 12,055.90

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



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

Passion | Progress | Purpose

In Partnership with :

USM Universiti Sains Malaysia · APEX · UOW Malaysia KDU · NSCA Global Chapter Singapore · NSCA National Strength and Conditioning Association · University of Portsmouth

Fees

INTERNATIONAL STUDENTS		
FEES BREAKDOWN		**AMOUNT INCLUDING GST (SGD)**
Academic Fees		
1	Course Fees	$ 12,535.00
	SUB - TOTAL :	**$ 12,535.00**
Others		
2	Application Fees - ***non-refundable***	$ 392.40
3	Fee Protection Scheme (FPS) - ***compulsory***	$ 261.60
4	Medical Insurance - ***compulsory***	$ 98.10
	GRAND - TOTAL :	**$ 13,287.10**

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
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



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

Passion | Progress | Purpose

In Partnership with :

USM Universiti Sains Malaysia · APEX · UOW Malaysia KDU · NSCA Global Chapter Singapore · NSCA National Strength and Conditioning Association · University of Portsmouth

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

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

Passion | Progress | Purpose

In Partnership with :

INTERNATIONAL MANAGEMENT & SPORTS COLLEGE

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.

Enrollment

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

Passion | Progress | Purpose

In Partnership with :

USM Universiti Sains Malaysia · APEX · UOW Malaysia KDU · NSCA Global Chapter Singapore · NSCA National Strength and Conditioning Association · University of Portsmouth