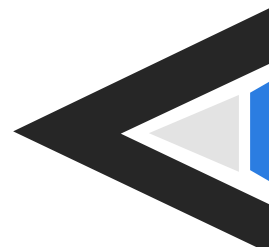


# International Sports Diploma in Sports and Exercise Science



The USSA 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. This course focuses 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
- Fitness Centre Manager
- Sports Athletic Trainer
- Sports Administrator
- Sports Coach
- Gym Manager
- Sports Development Officer
- Sports Therapist
- Event Organizer
- Health Promotion Specialist
- Strength and Conditioning Trainer / Specialist

### **Entry Requirements**

Age	Minimum 16 years old
Academic Qualification	<ul style="list-style-type: none"><li>• 3 GCE 'O' Level Passes at C6 and above; or</li><li>• NITEC or Higher NITEC; or</li><li>• Formal education equivalent to 'O' Levels</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</li></ul>

### **Intake**

Quarterly intake. Please contact IMSC for specific intake dates.

### **Course Duration**

Academic Instruction (12 months)	No. of days per week	2
	No. of hours per day	3-7
The number of hours stated above are subject to change. Students will be eligible for the course as long as they fulfil the requisite number of hours, and successfully complete all the assessments as required of them.		
Mentorship (200 hours)	Upon completion of all 10 modules, students are required to complete a mentorship.	

### **Delivery Method**

The form of teaching involves lectures given to groups of students, accompanied by tutorials.

### **Assessment Methods**

Assessments may take the form of one or more of the following:

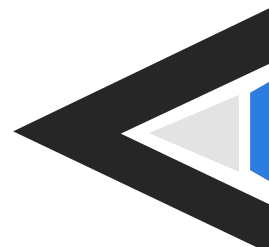
- Written Examinations
- Mentorship Reports

### **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](mailto:info@imsc.edu.sg).



### **Course Outline**

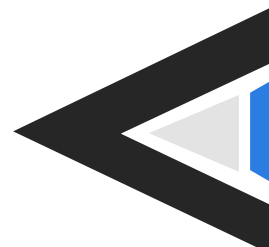
Academic Instruction (12 months)	Total no. of modules	10 modules
	No. of contact hours per module	40 hours
	Total contact hours	10 modules x 40 hours = 400 hours
Mentorship (200 hours)	Upon completion of all 10 modules, students are required to complete a mentorship.	

### **Compulsory Core Modules**

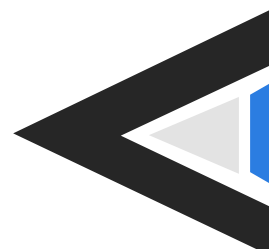
Module Code	Module Title
CEB 371	Sports Coaching Methodology
CER 332	Sports Strength and Conditioning
CED 556	Sports and Fitness Nutrition
CER 505	Human Anatomy and Physiology
CER 511	Sports Performance Enhancement
CEE 521	Principles of Fitness and Health
CER 526	Personal Training
CEM 543	Sports Administration
CEM 542	Sports Business and Personnel Management
CEM 544	Sports Marketing
-	Mentorship*

### **Module Description**

CEB 371 – 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.
CER 332 – 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.
CED 556 – 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.
CER 505 – Human Anatomy and Physiology	This module will help the student to understand the structure and functions of the various systems of the human body.



CER 511 – Sports Performance Enhancement	This module introduces students to the concepts and principles of skill development, performance analysis and teaching techniques.
CEE 521 – 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.
CER 526 – 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.
CEM 543 – Sports Administration	This module will help the student understand the sport manager's position and the environment in which performance occurs.
CEM 542 – 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.
CEM 544 – 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.



## Fees

LOCAL STUDENTS			
Fees Breakdown		Amount including 7% GST (SGD \$)	
1	Application Fees (non-refundable)	192.60	Total: 6,634.00
2	Course Fees	5,350.00	
3	Course Material Fees	214.00	
4	Examination Fees	1,070.00	
5	Fee Protection Scheme (FPS)	132.65	
6	Medical Insurance (optional)	96.30	
<p>Note:</p> <ul style="list-style-type: none"> <li>Application Fees (\$192.60) 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 7% GST (SGD \$)	
1	Deferment Fees	235.40	
2	Re-Assessment Fees (per module)	214.00	
3	Re-Module Fees (per module)	856.00	
4	Penalty for Late Payment (per week)	10.70	
5	Replacement of Student ID	21.40	
6	Medical Insurance (if applicable)	96.30	
7	IMSC T-Shirt	32.10	

### **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 Australian 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 Values**

Passion | Progress | Purpose

### **Our Culture**

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

- Conferred Edutrust (4-Year) Award by the Committee for Private Education for maintaining high standards in providing quality education services.
- Recognised as an Approved Centre by OTHM Qualifications, which are approved and regulated by Ofqual in the UK.
- 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, Triple Fit, among others.
- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Offers continuing education courses for increasing skillsets.

