

SCHOOL OF SPORTS AND HEALTH (SSH)

- Become a Champion for Sports, Outdoors, and Health in Singapore!
- At SSH, we foster a people-oriented mindset, empowering you to work with athletes, children, youths, adults, seniors, and individuals with special needs. Develop valuable skillsets to make a meaningful impact and excel in a purposeful career in sports, outdoors, and health.

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration and possible topics/questions covered)
Integrated Community Care	<ul style="list-style-type: none"> • Participation in relevant CCAs • Engagement in relevant competitions/courses/events/workshops • Relevant hobbies • Exhibit confidence in articulating the application of relevant skills/knowledge 	<ul style="list-style-type: none"> • CCAs such as Red Cross, St John Ambulance Brigade, uniform groups • Local or overseas conferences in the fields of health • Volunteer work at nursing homes, special schools, Institute of Mental Health, hospitals, Active Ageing Centre or day care centres • Achievements such as the National Youth Achievement Award • Work experience in: <ul style="list-style-type: none"> • Clinics • Hospitals • Community care organisations • Other healthcare organisations • Health screening or promotion centre • Service-learning projects related to healthcare • Health related jobs, events or companies • Ability to relate positively as a participant or leader for school programmes • EAGLES Award • Edusave Character Award • Edusave Skills Award • Edusave scholarships for government, government-aided, and specialised schools 	<ul style="list-style-type: none"> • Duration: 10 - 15 minutes • Reason for applying to the course • Articulate their understanding of the course and how they can make meaningful contribution to improving others' lives • Participation or leadership in any health related programmes in or outside school • Achievements related to this field • Learning point from past service-learning experiences • Achievements/credentials related to the field of health • Pre-existing medical conditions • Character/ disposition

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Outdoor Education	<ul style="list-style-type: none"> • Participation in relevant CCAs • Engagement in relevant competitions/courses/events/workshops • Relevant hobbies • Exhibit confidence in articulating the application of relevant skills/knowledge 	<ul style="list-style-type: none"> • Certificate of Attendance/Achievement in programmes and events related to outdoor education, environment education, and/or service-learning such as outdoor camps, adventure-based competitions, values-in-action programmes, and conservation workshops. • Relevant ApLMs*: 1. Learning through Outdoor Adventure Activities • Industry certifications in outdoor skills such as climbing, abseiling, and kayaking • Testimonials and/or certificates related to leadership and team skills in CCAs, such as uniform groups, outdoor activities club, and environment club, and programmes, such as National Youth Achievement Award Gold, EAGLES Award, and RP SSH Fit to Lead Programme. • Other relevant documents to showcase one's interest and abilities in outdoor education. 	<ul style="list-style-type: none"> • Duration: 10 - 15 minutes • Reason for applying to the course • Knowledge of outdoor education and the diploma course • Personal reflection on past outdoor experiences • The course's relevance to future education and career plans • Aptitude to develop skills such as able to learn while at height and while in water • Interest to educate people in, about and through the outdoors
Sport Coaching	<ul style="list-style-type: none"> • Participation in relevant CCAs • Engagement in relevant competitions/courses/events/workshops 	<ul style="list-style-type: none"> • Testimonials, and/or certificates related to CCAs (such as uniform groups, sports), sports (outside of school), and/or sport coaching (e.g. Singapore Schools Sports Council Colours Awards, Sports Club representation, and SG Coach Level 1) 	<ul style="list-style-type: none"> • Duration: 10 - 15 minutes • Knowledge about the course and the coaching industry

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	<ul style="list-style-type: none"> • Relevant hobbies • Exhibit confidence in articulating the application of relevant skills/knowledge 	<ul style="list-style-type: none"> • Testimonials, and/or certificates related to participation in leadership and/or service-learning programmes in or out of school (e.g. National Youth Achievement Award Gold, EAGLES Award, RP SSH Fit to Lead Programme) • Testimonials, certificates related to participation in internship, volunteerism and/or part-time work experience in sports-related fields (e.g. Sports Volunteer with Team Nila, part-time work, or internship with ActiveSG Academies or other community-based sports programmes) • Relevant ApLMs*: <ol style="list-style-type: none"> 1. Awareness on Injury Prevention and Management 2. Sports Psychology 	<ul style="list-style-type: none"> • Participation or leadership in sports-related programmes in or out of school • Credentials/ Experience related to the field of sports and health • Reason for applying to the course • Self-awareness • Character/ Disposition/ Coaching philosophy
Sport & Exercise Science	<ul style="list-style-type: none"> • Participation in relevant CCAs • Engagement in relevant competitions/courses/events/workshops • Relevant hobbies • Exhibit confidence in articulating the application of relevant skills/knowledge 	<ul style="list-style-type: none"> • Testimonials, and/or certificates related to CCAs (such as uniform groups, sports), sports (outside of school), and/or sport and exercise science (e.g. Singapore Schools Sports Council Colours Awards, Sports Club representation, and SG Coach Level 1) • Testimonials, and/or certificates related to participation in leadership and/or service-learning programmes in or out of school (e.g. NYAA Gold and EAGLES Award) 	<ul style="list-style-type: none"> • Duration: 15 minutes • Knowledge about the course • Knowledge about the career path and progression of a sport and exercise science graduate • Current affairs related to the field of sports, health, and fitness • Reason for applying to the course

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		<ul style="list-style-type: none"> • Testimonials, and/or certificates related to participation in internship, volunteerism and/or part-time work experience in sports-related fields (e.g. Sports Volunteer with Team Nila, part-time work, or internship with ActiveSG Academies or other community-based sports programmes) • Relevant ApLMs*: <ol style="list-style-type: none"> 1. Awareness on Injury Prevention and Management 2. Sports Psychology 	<ul style="list-style-type: none"> • Participation or leadership in sports-related programmes in or out of school • Character/disposition • Achievements/credentials related to the field of sports, health or fitness
<p>Sports & Health</p> <p>with majors in:</p> <ul style="list-style-type: none"> • Health Coaching • Sports Management 	<ul style="list-style-type: none"> • Participation in relevant CCAs • Engagement in relevant competitions/courses/events/workshops • Relevant hobbies • Exhibit confidence in articulating the application of relevant skills/knowledge 	<ul style="list-style-type: none"> • Sports and/or health Service-learning projects • CCAs in uniformed groups or those that involve service learning • Local or overseas conferences in the fields of sports and/or health • Volunteer work at nursing homes, special schools, hospitals, Active Ageing Centres, sports association/CCAs, etc. • Sports and/or health related activities • Achievements such as the National Youth Achievement Award, EAGLES Award, Edusave Awards • Relevant ApLMs: <ol style="list-style-type: none"> 1. Essentials of Health Coaching 	<ul style="list-style-type: none"> • Duration: 10 - 15 minutes • Knowledge about the course and able to articulate interest in which Major they prefer • Participation or leadership in sports and/or health-related programmes in or outside school • Achievements related to field of study • Learning points from past service-learning • Reason for applying to the course • Achievements/credentials related to the field of sports and/or health

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration and possible topics/questions covered)
		<ul style="list-style-type: none"> • Work experience at: <ul style="list-style-type: none"> • Clinics • Hospitals • Other healthcare organisations • Health screening or promoting centre • Sports and/or Health related jobs, events or companies • Gyms • National Sports Associations (NSAs) • Involvement in sports related activities or association • Ability to relate positively as a participant or leader for school or Service-Learning Projects 	<ul style="list-style-type: none"> • Pre-existing medical conditions • Character/disposition experiences
Common Sports & Health Programme	<ul style="list-style-type: none"> • Participation in relevant CCAs • Engagement in relevant competitions/courses/events/workshops • Relevant hobbies • Exhibit confidence in articulating the application of relevant skills/knowledge 	<ul style="list-style-type: none"> • Testimonials, and/or certificates related to participation in leadership and/or service-learning programmes within and/or outside of school E.g National Youth Achievement Award, Gold and EAGLES Award, Sports volunteer with Team Nila, part-time work, or internship with ActiveSG Academies, community-based sports programmes, and outdoor camps • Relevant ApLMs*: <ol style="list-style-type: none"> 1. Awareness on Injury Prevention and Management 2. Essentials of Health Coaching 3. Learning through Outdoor Adventure Activities 4. Sport Psychology 	<ul style="list-style-type: none"> • Duration: 15 minutes • Reason for applying to the course • Participation or leadership in any sports and health related programme in or out of school • Character/disposition • Achievements/credentials related to the field of sports and health • Knowledge about the courses offered by SSH

Current Course Title	Demonstrates Passion or Interest in:	Portfolio (What goes into the portfolio)	Interview (Estimated duration and possible topics/questions covered)
		<ul style="list-style-type: none"> • Achievements such as the National Youth Achievement Award • CCAs such as uniform groups, outdoor activities, environment clubs, Red Cross, St John Ambulance Brigade, sports (outside of school), sport coaching • Sports Club representation • Participation in local or overseas events related to sports and health • Volunteer work related to sports and health 	

*Applied Learning Modules (ApLM) are enrichment modules that broaden the learning experiences of students and complement the secondary school curriculum with a focus on the practical application of knowledge.

For more information, visit <https://www.rp.edu.sg/education/outreach/aplms/>