



SCHOOL OF

Sports and Health

Experience the excitement of sports and health at RP School of Sports and Health (SSH), Singapore's only dedicated polytechnic sports school.

Discover your #GreaterMe future with Republic Polytechnic's dynamic diploma programmes in sport and exercise science, sport management, sport coaching, outdoor education, health coaching, and community care. Thrive in a unique learning environment powered by cutting-edge facilities like the Xperiential Learning Centre, Sports Engineering Lab, and Health Promotion Innovation Lab, backed by a strong community focus and robust industry partnerships.

- Common Sports & Health Programme
- Diploma in Integrated Community Care
- Diploma in Outdoor Education

- Diploma in Sport Coaching
- Diploma in Sport & Exercise Science
- Diploma in Sports & Health

Common Sports & Health Programme

Enjoy the flexibility! Take up to a year to decide the right diploma for yourself from the School of Sports and Health (SSH).

Stay flexible and keep your options open as you explore exciting opportunities at SSH. In your first semester, the Common Sports & Health Programme will introduce you to the dynamic fields of sports, health, and outdoors. Explore our diverse diploma offerings and gain a clear overview of your educational options. You are bound to find a course that is perfect for you.

- Stay flexible and explore sports, health, and outdoors through the Common Sports & Health Programme, gaining clarity to choose the perfect diploma for your goals
- Discover your interests with more exploration time, gaining insights before choosing from five SSH diplomas for your ideal career path
- Develop a solid foundation in sports and health, preparing you to specialise confidently in your chosen diploma and excel in your career



Scan to learn more

WHAT YOU WILL LEARN

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Personal Growth I)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Inclusive Physical Activity
- Introduction to Experiential Education
- Physical Activities for Youth and Adults

You will opt for one of the following **diploma/clusters at the end of semester 1:**

- Integrated Community Care (R45)
- Outdoor Education (R33)
- Sport Coaching (R49)
- Sport & Exercise Science (R26)
- Sports & Health (R43)
- *Health Cluster*
- *Sports Cluster*

Semester 2

If you choose to enter the **Health Cluster**, you will complete the following modules:

- Data Analytics for Population Health
- Health Promotion
- Introduction to Community Care

You will opt for one of the following **diplomas at the end of semester 2:**

- Integrated Community Care (R45)
- Sports & Health (R43)

If you choose to enter the **Sports Cluster**, you will complete the following modules:

- Foundations of Kinesiology
- Introduction to Sport Coaching
- Sports and Exercise Nutrition
- Sports and Exercise Psychology

You will opt for one of the following **diplomas at the end of semester 2:**

- Sport Coaching (R49)
- Sport & Exercise Science (R26)



The Common Sports & Health Programme was the perfect starting line for me. It provided the guidance and insights I needed to find my passion and discover my place in the Diploma in Sports and Health. Thanks to this programme, I'm now on a clear path to turn my love for sports into a meaningful career."



DANIAL BIN MOHAMED NAZIM
Year 2 Student

DIPLOMA IN

Integrated Community Care

Support older adults and families through holistic, real-world community care in a course designed for those passionate about making a difference.

The Diploma in Integrated Community Care (DICC) equips students with the essential knowledge and skills to deliver holistic, patient-centred care across diverse community settings. This curriculum is endorsed by the Agency for Integrated Care (AIC), enabling students to pursue employment as Community Care Executives upon graduation.



- Build practical skills in needs assessment, volunteer management and healthcare operations, equipping you to thrive and lead in the community care sector
- Earn the Silver Generation Ambassador certification by AIC in Year 2, empowering you to support Singapore's ageing population as a trusted community ambassador
- Gain real-world experience and apply your skills meaningfully with a 20-week internship with our industry partners like Kwong Wai Shiu Hospital, St Luke's Eldercare, Active Ageing Centres, and Polyclinics

WHAT YOU WILL LEARN

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biological Systems
- Biopsychosocial Aspects of Ageing
- Case Management
- Chronic Disease Management
- Community and Social Care
- Data Analytics for Population Health
- Financial Statistics in Healthcare
- Healthcare Operations Management
- Health Ethics and Law

- Health Promotion
- Health Psychology and Sociology of Illness and Health
- Inclusive Physical Activity
- Integrated Community Care
- Introduction to Community Care
- Introduction to Experiential Education
- Needs Assessment
- Physical Activities for Youth and Adults
- Quality Management in Healthcare

Elective Modules

Customise your learning pathways by selecting **ONE** of the following options:

Option A: Select Elective Modules totalling 12 Modular Credits (MCs) from the List of Electives below and/or from the list of modules in applicable Minor Programmes

Option B: Select a Minor Programme

Option C: Select a CET-based Certificate programme and/or Elective Module(s) from the List of Electives below or from the list of modules in applicable Minor programmes (only for eligible students)

List of Electives:

- Foundations of Kinesiology
- Introduction to Sports Coaching
- Sports and Exercise Nutrition
- Sports and Exercise Psychology

Industry Orientation Programme Modules

One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

CAREER OPPORTUNITIES

As a graduate of the Diploma in Community Care (DICC), you will be well-equipped to pursue a meaningful career across various sectors within the healthcare ecosystem, including:

Acute Care: Hospitals and specialty centres

Community Care: Active ageing centres, community hospitals, hospices, and nursing homes

Primary Care: General practitioner clinics, dental clinics, and polyclinics

Possible roles you can explore include:

- Case Management Assistant
- Community Care Executive
- Healthcare Data Analysis Associate
- Operations Management Officer
- Pharmacy Technician
- Senior Community Care Associate
- Senior Patient Care Navigator
- Senior Patient Service Associate
- Quality Management Assistant
- Volunteer Coordinator



This diploma brought to light the plight of social isolation among seniors. For my Case Management module, I volunteered with TOUCH Home Care to deliver meals to elderly individuals living alone. I also served as part of a medical escort team during my RP internship. These experiences deepened my commitment to making a #GreaterImpact in the lives of seniors, and I'm honoured to have been offered a place in NUS Nursing, where I hope to further my passion to support our ageing population. I envision a future where all seniors feel valued, connected, and actively engaged across generations."



SEMPIO ALYSSA MARIE SAYO
2025 Graduate

DIPLOMA IN

Outdoor Education

Transform your passion for the outdoors into a fulfilling career with Singapore's only diploma that develops experiential educators.

The Diploma in Outdoor Education (DOE) develops people-centred professionals for outdoor education, special needs and youth sectors. You will learn essential teaching skills including programme design, instruction, and facilitation. Additionally, you will develop environmental-related skills such as landscape interpretation, environmental studies, and biodiversity; as well as people skills like youth development and outdoor leadership.

- Develop interdisciplinary skills in teaching, environment, and people with Singapore's only diploma in outdoor education, gaining expertise through experiential learning and field trips
- Acquire industry certifications in abseiling, climbing, kayaking, orienteering, and risk management, enhancing your skills and employability in outdoor education and adventure sectors
- Gain meaningful work experience through a 20-week internship with Boys' Town, MOE Outdoor Centres, NParks, Outward Bound Taiwan/Vietnam, or a 36-week stint with Outward Bound Singapore



Scan to learn more

WHAT YOU WILL LEARN

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biodiversity in Singapore
- Biopsychosocial Aspects of Ageing
- Challenge Course Management
- Expedition Principles, Practices and Management
- Foundations of Adventure Education
- Foundations of Environmental Studies
- Inclusive Physical Activity
- Instruction and Facilitation in Experiential Education

- Introduction to Experiential Education
- Introduction to Sport Coaching
- Landscape Interpretation
- Outdoor Leadership
- Outdoor Skills: Climb and Abseil
- Outdoor Skills: Land-based
- Outdoor Skills: Water-based
- Physical Activities for Youth and Adults
- Supervision and Management of Outdoor Programmes
- Youth Outreach & Development

Elective Modules

Customise your learning pathways by selecting **ONE** of the following options:

Option A: Select Elective modules totalling 12 Modular Credits (MCs) from the list of modules in the Minor programmes that are applicable to the Diploma

Option B: Select a Minor programme

Option C: Select a CET-based Certificate programme and/or Elective module(s) from the list of modules in the Minor programmes that are applicable to the Diploma (only for eligible students)

Industry Orientation Programme Modules

Option 1: One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

Option 2: Two-Semester Industry Immersion Programme

- Industry Immersion Programme
- Industry Immersion Programme II

CAREER OPPORTUNITIES

You can pursue a career in the following industries:

- Adventure Education
- Outdoor Education
- Outdoor and Adventure Recreation
- Outdoor and Adventure Retail
- Special Education
- Uniformed Forces
- Youth Development

You can explore potential positions such as:

- Adventure Tourism Guide
- Experiential Learning Facilitator
- Outdoor Adventure Educator/ Instructor/Facilitator
- Outdoor and Adventure Facilities Supervisor



Switching to RP was the turning point in my #GreaterMe journey. This course uncovered my passion for teaching and mentoring. From designing programmes to leading diverse classrooms, I gained the skills and confidence to inspire young minds. RP showed me that teaching is more than a job. It is a purpose-driven path to make a lasting impact on others' lives. I am honoured to be a recipient of the MOE Teaching Scholarship 2025."



KISHEN SURESH
2023 Graduate

DIPLOMA IN

Sport Coaching

Become the professional coach behind tomorrow's athletes.

Jump-start your coaching career with the Diploma in Sport Coaching (DSC), developed in consultation with Sport Singapore. Immerse yourself in the fundamentals of sport science, sport pedagogy, and professional coaching practices. This programme is your gateway to mastering the art and science of coaching, setting you on the path to become an exceptional sports coach.

- Be trained as a sports coach with Singapore's only sport coaching diploma among the five local polytechnics, equipping you to join the National Registry of Coaches and excel in the industry
- Prepare for a career as a sports coach or developer, empowering athletes to reach their full potential and make a lasting impact in sports
- Achieve industry certifications and gain work experience through a 20-week internship or entrepreneurial project with CoachSG, MOE, National Sports Associations, or private sports academies



Scan to learn more

WHAT YOU WILL LEARN

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biopsychosocial Aspects of Ageing
- Exercise Programming and Assessment
- Foundations of Kinesiology
- Human Motor Control and Development
- Inclusive Physical Activity
- Injury Prevention and Management
- Instructional Strategies for Sports and Games
- Instructional Strategies for Sports and Games II
- Introduction to Experiential Education
- Introduction to Sport Coaching
- Managing Developmental Athletes and Teams
- Physical Activities for Youth and Adults
- Sports and Exercise Nutrition
- Sports and Exercise Prescription
- Sports and Exercise Psychology
- Sports Performance Analytics I
- Sports Performance Analytics II

Select TWO modules from the list below:

- Practical Studies: Athletics
- Practical Studies: Badminton
- Practical Studies: Basketball
- Practical Studies: Football

- Practical Studies: Fundamental Movements
- Practical Studies: Swimming
- Practical Studies: Table Tennis

Elective Modules

Customise your learning pathways by selecting **ONE** of the following options:

Option A: Select Elective Modules totalling 12 Modular Credits (MCs) from the List of Electives below and/or from the list of modules in applicable Minor Programmes

Option B: Select a Minor Programme

Option C: Select a CET-based Certificate programme and/or Elective Module(s) from the List of Electives below or from the list of modules in applicable Minor programmes (only for eligible students)

List of Electives:

- Data Analytics for Population Health
- Health Promotion
- Introduction to Community Care

Industry Orientation Programme Modules

One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

CAREER OPPORTUNITIES

You can pursue a career in the following industries:

- Education
- Fitness
- Sports
- Uniformed Services

You can explore potential positions such as:

- Allied Educator with the Ministry of Education
- Fitness Instructor/Trainer
- Sports Administrator
- Sports Coach
- Sports Official

“DSC prepared me well for my current work as a hockey coach. DSC modules such as ‘Injury Prevention’ have helped me take better care of my athletes by- keeping them away from hazardous areas, being mindful of overtraining and giving them proper rest and hydration. I apply all these diligently in my coaching. I’m not just helping my players stay safe but also creating a greater impact on their long-term performance and well-being.”



KUMARESHWARAN
2024 Graduate

DIPLOMA IN

Sport & Exercise Science

Unlock the science of exercise, shape the future of sports and elevate your performance!

This diploma combines scientific principles with practical application to give you a strong understanding of human physiology, biomechanics, sports nutrition, and sports psychology. Through evidence-based research and practical experiences, you will learn how to analyse and optimise athletic performance, prevent injuries, and develop effective training programmes, equipping you to thrive and make a meaningful impact in the ever-evolving world of sports and exercise.

- Enjoy direct waivers from Sport Singapore for industry-benchmarked courses such as Basic Exercise Science, Foundational Sports Science, Intermediate Sports Science, and SG-Coach Level 1 Theory
- Equip yourself with a solid foundation for further studies in related fields such as kinesiology, occupational therapy, physiotherapy, or sports medicine
- Gain real-world experience through a 20-week internship at Anytime Fitness, Metta School, Singapore Swimming Association, SingHealth Community Hospitals and more. You may also have the opportunity to explore overseas internships in Thailand or Vietnam



Scan to learn more

WHAT YOU WILL LEARN

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
- Designing Your Life (Future-Ready I)
- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
- Innovation and Practice
- Singapore, the World and I

Discipline Modules

- Biological Systems
- Biopsychosocial Aspects of Ageing
- Exercise Programming and Assessment
- Foundations of Kinesiology
- Human Motor Control and Development
- Inclusive Physical Activity
- Injury Prevention and Management
- Introduction to Experiential Education

- Introduction to Sport Coaching
- Musculoskeletal Anatomy and Kinesiology
- Physical Activities for Youth and Adults
- Sports and Exercise Biomechanics
- Sports and Exercise Nutrition
- Sports and Exercise Physiology
- Sports and Exercise Prescription
- Sports and Exercise Psychology
- Sports Performance Analytics I
- Sports Performance Analytics II

Elective Modules

Customise your learning pathways by selecting **ONE** of the following options:

Option A: Select Elective Modules totalling 12 Modular Credits (MCs) from the List of Electives below and/or from the list of modules in applicable Minor Programmes

Option B: Select a Minor Programme

Option C: Select a CET-based Certificate programme and/or Elective Module(s) from the List of Electives below or from the list of modules in applicable Minor programmes (only for eligible students)

List of Electives:

- Data Analytics for Population Health
- Health Promotion
- Introduction to Community Care

Industry Orientation Programme Modules

One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

CAREER OPPORTUNITIES

You can pursue a career in the following sectors:

- Fitness and Wellness
- Healthcare
- Research Support
- Education
- Sports Academies
- Sports Organisations

You can explore potential positions such as:

- Coach
- Fitness Instructor/Trainer
- High Performance Executive
- Physical Education Teacher
- Sports Development Officer
- Sports Educator
- Therapy Assistant



There is a strong alignment between the Diploma in Sport & Exercise Science (DSES) and physiotherapy. Many concepts introduced in DSES were revisited in greater depth during my foundation modules in physiotherapy, giving me a valuable head start compared to peers from junior colleges. Choosing DSES was intentional, as I had a clear interest in pursuing physiotherapy and the diploma provided a solid foundation to work towards that goal while helping me discover my #GreaterPurpose to support others in their journey to recovery and better movement."



CELINE ANG
2023 Graduate

DIPLOMA IN

Sports & Health

Become a game-changer in Sports Management and Health Coaching

The Diploma in Sports & Health will equip you with the essential knowledge and skills in the Sports Management and Health Coaching industry. As you progress through this course, you will be empowered to choose a Major in either Sports Management or Health Coaching. By the time you graduate, you will emerge as a sports and/or health advocate, ready to contribute to a healthier Singapore.

- Choose tailored pathways in Sports Management or Health Coaching, aligning your studies with your passion and career goals
- Develop skills to conceptualise, market, and execute sports events, while acquiring expertise in sports facility management and promoting physical activity nationwide with a Sports Management Major
- Gain real-world experience with a 20-week internship at ActiveSG, Health Promotion Board, National Healthcare Group, or St Luke's Eldercare, to strengthen your career prospects



Scan to learn more

WHAT YOU WILL LEARN

General Modules

- Critical Thinking and Problem Solving Skills
- Designing Your Impact
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- Designing Your Life (Future-Ready II)
- Designing Your Life (Personal Growth I)
- Designing Your Life (Personal Growth II)
- Effective Workplace Communication
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Discipline Modules

- Biopsychosocial Aspects of Ageing
- Data Analytics for Population Health
- Exercise Programming and Assessment
- Foundations of Kinesiology
- Health Promotion
- Inclusive Physical Activity
- Introduction to Community Care
- Introduction to Experiential Education
- Introduction to Sport Coaching
- Physical Activities for Youth and Adults

Major Modules

Major in Health Coaching

- Behaviour Change
- Biological Systems
- Health Management across Lifespan
- Health Psychology
- Introduction to Counselling and Communication
- Marketing
- Nutrition
- Nutrition Care Process

Major in Sports Management

- Event Design and Experience
- Marketing
- Sport Facilities Management

- Sports and Leisure Related Law
- Sports Business
- Sports Events Management
- Sports Policies
- Tourism and Hospitality in the Digital World

Elective Modules

Customise your learning pathways by selecting **ONE** of the following options:

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Option B: Select a Minor Programme

Option C: Select a CET-based Certificate programme and/or Elective Module(s) from the List of Electives below or from the list of modules in applicable Minor programmes (only for eligible students)

List of Electives:

(Only applicable for students transferring from the Sports Cluster)

- Sports and Exercise Nutrition
- Sports and Exercise Psychology

Industry Orientation Programme Modules

One-Semester Industry Immersion Programme

- Project

And select one module from the list below:

- Corporate Innovation Immersion Programme
- Entrepreneurial Immersion Programme
- Industry Immersion Programme

CAREER OPPORTUNITIES

You can pursue a career in the following industries:

Major in Sports Management:

- Community sports
- Fitness
- National Sports Associations (NSAs)
- Sports facilities
- Sports merchandise

Major in Health Coaching:

- Community care — active ageing centres, community hospitals, and nursing homes
- Corporate wellness — human resources
- Fitness
- Healthcare — population health

You can explore potential positions such as:

Major in Sports Management:

- Community Sports Executive
- Fitness Instructor/Trainer
- Sports Administrator
- Sports Event/Facility Manager
- Sports Merchandising Manager

Major in Health Coaching:

- Care Coordinator
- Corporate Wellness Executive
- Fitness Coach
- Health & Wellness Coach
- Health Promotion Programme Executive
- Well-being Coordinator



DSH empowered me to get involved in health promotion projects and campaigns that strengthened my project management and communication skills. This fuelled my passion for people-oriented work and opened up #GreaterPossibilities for me to pursue a degree and a career focused on improving community well-being."

ARINA BINTI MOHAMED

2025 Graduate