

Certificate in Sport and Exercise Sciences

Module Outlines

Academic Reading and Writing 1

This module is designed for students to work intensively on their reading and writing skills. Good reading and writing skills are key to understanding their subjects and effectively engage in class activities. Hence the topics will consist of different writing and reading assignments, focusing on students' academic skills, language skills and their writing abilities.

Fitness Assessment and Training

This module provides students with basics of strength and conditioning as well as conveying a basic understanding in the procedures involved in physical testing. Students will cover a broad range of topics including: strength and endurance training, principles of injury prevention and introduction to the ethical concerns and testing strategies related to drug use in professional and amateur sports.

Health and Wellness

This module emphasises on the importance of physical activity and nutrition in maintaining a healthy and ideal weight. Students will learn to identify key dietary sources of macro and micro-nutrients, its function as well as the effect of exercise on an individual's overall well-being. In addition, this module also teaches students the significance of mental training in sports performance. Students will also be introduced to psychology skills training commonly used by athletes.

Introduction to Sports Science

This module provides students with both knowledge and confidence in applying basic principles of anatomy, physiology and biomechanics necessary to further studies in sports science under the Diploma in Sport and Exercise Sciences programme.

Sports Coaching

This module explores the complexity issues in sports coaching and focuses heavily on coaching at the developmental level. The topics provide students insights on sports as an avenue to foster positive youth development and the basics of coaching pedagogy. In addition, students will learn the basics of projecting and maintaining a professional image, be groomed and equipped with the skills to be industry ready. The module also has a practical component where students will design and implement a coaching session plan as well as undergo peer-reviewed interview scenario.