

## HIGHER NITEC IN SPORT MANAGEMENT (2 YEARS)

### CERTIFICATION

Credits required for certification:

Cluster Core Modules	: 6
Specialisation Modules	: 33
Internship Programme Modules	8
Life Skills Modules	: 9
Cross-Disciplinary Core Modules	: 6
Electives	: 6
<hr/> Total	<hr/> : 68

### COURSE STRUCTURE

Module Title	Credits
<b>CLUSTER CORE MODULES</b>	
Fundamentals of Business Operations	3
Sales Techniques & Engagement	3
<b>SPECIALISATION MODULES</b>	
Community & Recreation Programme Development	3
Group Fitness Exercise	3
Sports & Exercise Science	3
Basic Anatomy & Physiology	3
Fitness & Leisure Club Operations	3
Sports Event Management	3
Health & Fitness Appraisal	3
Sports Nutrition	3
Fitness Testing & Programme Design	3
Sports Safety	3
Sports Coaching	3
<b>INTERNSHIP PROGRAMME MODULES</b>	
Internship Programme	8
<b>CROSS-DISCIPLINARY CORE MODULES</b>	
Design Thinking for Business Services	3
Robotic Process Automation for Business	3
Food Sustainability	3
Basics of Supply Chain Management	3
Basic Data Management & UX Design	3
Digital Design Principles	3
<b>ELECTIVES</b>	
Sports Massage Therapy	2
Outdoor Recreation	2
Country Club Management	2
Effective Business Networking	2
Introduction to Health Coaching & Wellness	2

Module Title	Credits
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## ELECTIVES (GENERAL) AND LIFE SKILLS MODULES

For details, click [here](#)

*Note: The offer of electives is subject to the training schedule of respective ITE Colleges. Students are advised to check with their Class Advisors on the availability of the elective modules they intend to pursue.*

## MODULE OBJECTIVES

### Cluster Core Modules

#### Fundamentals of Business Operations

On completion of the module, students should be able to support essential business operations by differentiating the various functions in an enterprise, compute employee payroll, prepare documents to support international trade, handle monetary transactions, compute accounting equation and record business transactions in source documents.

#### Sales Techniques & Engagement

On completion of the module, students should be able to apply sales techniques to sell to client needs and develop strong sales relationships.

### Specialisation Modules

#### Community & Recreation Programme Development

On completion of the module, students will be able to design, develop and offer a range of activities and programmes in areas such as community recreation, health, wellness and education to suit a variety of participant types and needs.

#### Group Fitness Exercise

On completion of the module, students should be able to design, choreograph and teach a group exercise class.

#### Sports & Exercise Science

On completion of the module, students should be able to apply the knowledge of exercise physiology, biomechanics and psychology through a scientific approach to sports, exercise and physical activity.

#### Basic Anatomy & Physiology

On completion of the module, students will be able to apply fundamental knowledge of the organisation, structures, functions and interrelation of the human body systems, including the skeletal, muscular, respiratory and circulatory systems, in maintaining homeostasis.

#### Fitness & Leisure Club Operations

On completion of the module, students should be able to handle routine activities and facilities operations and deliver membership and customer service experience in fitness and leisure clubs.

#### Sports Event Management

On completion of the module, students will be able to identify stakeholders' event objectives, conceptualise and plan and execute a sports event. Students will acquire necessary skills to manage sports event operations, prepare budgets and timelines. In addition, students will be able to conduct risk management and implement safe event measures based on the SGSafe Event Standard and perform necessary sports event evaluation.

#### Health & Fitness Appraisal

On completion of the module, students should be able to perform basic pre-participation health screening and fitness assessments.

### Sports Nutrition

On completion of the module, students will be able to apply knowledge of the effects of nutritional intake on sports and exercise performance. In addition, students will be able to design and develop a personal nutrition and hydration plan based on nutritional and dietary needs or recommendations for athlete.

### Fitness Testing & Programme Design

On completion of the module, students should have an understanding of the core fitness instructor qualities, be able to assist in a health and fitness screening, design a fitness programme for participants, plan appropriate training programmes for specific needs, help participants increase their fitness levels and responses to exercise in order to give the participant a unique program to achieve their goals.

### Sports Safety

On completion of the module, students will have an overview of injury prevention in sports. Students will attain proficiency in administering first aid, CPR and the use of AED. In addition, students will learn the Workplace Safety and Health (WSH) requirements and prevailing safe management measures to ensure the safety, health and wellness of participants/customers in sports, fitness or exercise settings.

### Sports Coaching

On completion of the module, students should be able to perform routine coaching sessions by planning, conducting and reviewing practices.

### Internship Programme

On completion of the module, students should be able to apply the skills and knowledge acquired to take on a range of job scopes at the company.

### Electives (General) and Life Skills Modules

For details, click [here](#).