

ITE TECHNICAL DIPLOMA IN
**HEALTH
& EXERCISE
COACHING**

“the pain you feel *today*,
will be the strength you feel *tomorrow*”



In collaboration with



BENEFITS

Valuable exposure to a dynamic health, wellness and fitness industry.

Unique opportunity to serve the fitness and health needs of the community.

Overseas learning opportunities through student exchange programme to Hong Kong.

A joint transcript will be issued by ITE and Vocational Training Council (VTC), Hong Kong.

ACADEMIC PATHWAYS*

You can progress to overseas universities based on the universities' admission requirements.

CAREER OPPORTUNITIES

This course is your pathway to careers in the health and wellness sector through jobs, such as health and wellness coach, therapy assistant, care coordinator, active health coach or exercise trainer.

* Applicants are required to meet the minimum entry requirements specified for the course, as stipulated by the respective universities for admission.

WHY THIS COURSE?

The ITE Technical Diploma in Health & Exercise Coaching prepares graduates for careers as health and exercise coaches. Graduates will be equipped with relevant skills and knowledge to create personalised exercise plans, provide nutritional guidance, conduct fitness assessments, advise on weight management practices and provide information on injury prevention during exercise. Graduates can serve all communities, including seniors and children.



Curriculum developed in collaboration with Vocational Training Council, Hong Kong, and customised based on Singapore's context to meet local and international requirements.

Venue

ITE College West

Duration

2 years
of full-time institutional training inclusive of a 6-month internship





WHO CAN TAKE UP THIS COURSE?

Singapore Citizens and Permanent Residents with the following ITE qualifications may apply

GPA of 2.0 and above

- *Higher Nitec* in Sport Management
- *Higher Nitec* in Community Care & Social Services
- *Higher Nitec* in Nursing

GPA of 3.0 and above

- *Nitec* in Fitness Training
- *Nitec* in Nursing

Applicants with qualifications not listed above can be considered on a case-by-case basis.

Applicants with at least 1 year of relevant work experience can be considered for admission if they meet the following academic requirements:

- Relevant ITE CET *Higher Nitec* in Technology (GPA of 2.0 and above)
- Relevant ITE CET *Nitec* in Technology (GPA of 3.0 and above)
- Relevant Workforce Skills Qualification (WSQ) diplomas and Level 6 WSQ Workplace Literacy and Workplace Numeracy

Applicants with at least 2 years of relevant work experience can be considered for admission

Shortlisted applicants must attend an interview and pass a pre-admission medical examination for admission



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The new Technical Diploma in Health & Exercise Coaching is a timely addition to support the Healthier SG initiative and creates a positive impact on population health. It will equip students with the skills to empower our community towards healthier lifestyles, improving overall wellbeing and quality of life. This programme not only creates career opportunities but also contributes significantly to building a healthier and more resilient nation.

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**DR MICHAEL WONG**

Group Director
Regional Health System
SingHealth

ABOUT VOCATIONAL TRAINING COUNCIL, HONG KONG



Vocational Training Council is the largest vocational and professional education and training provider in Hong Kong.

It was established in 1982 and provides a full range of pre-employment and in-service programmes with internationally recognised qualifications for over 200,000 students each year.

www.vtc.edu.hk