

Entry Requirements

You should have:

- a good Bachelor's degree, preferably with strong honours, in exercise and sport studies or a related field; or
- a good Bachelor's degree from a recognised university, not in exercise and sport studies, with a diploma (credit) or postgraduate diploma in exercise and sport studies (credit) or its equivalent; and
- professional experience that commensurate with the programme's content and outcomes.

International applicants whose first language is not English and graduates of universities with non-English medium of instruction are required to submit an official Test of English as a Foreign Language (TOEFL) or International English Language Testing System (IELTS) score. Test dates must be within the last two years before the date of your application.

Interviews may be conducted to determine applicant's suitability for the programme.

Application

Applications may be made online. Hard copies of all supporting documents must be submitted within one week from the date of successful online submission.

For more information on application details, please visit www.nie.edu.sg/gpl/appl_course.htm

Further Queries

For more information, please visit www.nie.edu.sg/maccess or email us at nieadmpp@nie.edu.sg

www.nie.edu.sg



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GPL

OFFICE OF GRADUATE STUDIES & PROFESSIONAL LEARNING
Learning Differently, Leading Change

MASTER OF SCIENCE EXERCISE AND SPORT STUDIES

More than just a Game

The Master of Science (Exercise and Sport Studies) programme is designed for professionals with an interest in physical education, sports, fitness, health and wellness. It is structured to provide a balanced coverage of pedagogy, psychosocial, management and scientific aspects of human movement. It aims to enable professionals to upgrade their qualifications either for career advancement in schools or to qualify them to work in other sport science and management positions.

The programme aims to provide you with:

- A greater knowledge base in human movement studies
- A career path in the study of exercise science and sport studies
- Leadership skills for use in the sport and fitness area
- Research perspectives on the field of human movement studies
- An ability to undertake research in your working environment
- The skills of a reflective practitioner
- A conceptual grasp of issues affecting the future of sport and physical education in Singapore



Structure

The programme offers two options. You may choose to complete:

- Six courses plus a dissertation (Dissertation option), or
 - Eight courses (Coursework option)
- For the coursework option, you will take a special course entitled “Integrative Project” as one of the eight courses, designed to act as a capstone project for the programme.

Core Course

- Research Methods in Exercise and Sport Studies

Elective Courses (Choose five for dissertation route or six for coursework route)

- Adapted Physical Activity & Sports
- Applied Sport Psychology – Interventions and Evaluation
- Biomechanics of Sport and Exercise
- Effective Coaching: From Theory to Practice
- Exercise Physiology
- Managing Sport Organisations in Singapore
- Mentoring for Physical Educators and Sports Practitioners
- Motor Behaviour

- Physical Activity, Nutrition & Health
- Psychology of Physical Activity
- Sports Injuries – Understanding, Prevention and Management
- The Culture of Sport
- Trends & Issues in Physical Education & Sport

Dissertation or Integrative Project Course

Duration of Study

You may complete the programme in two to four years on a part-time basis, or one to three years on a full-time basis.

What students say about the programme:

“The MSc programme had been an enriching journey for me. As a newly appointed subject head then, my classmates, mainly made up of PE teachers, subject heads and heads of departments, provided me with sound advice which aided my adjustment to my new role in school. There were also classmates from the private sector who provided interesting insights, beyond the educational scene, to class discussions.”

Chang Hao Yi Diana

*HOD PE, Aesthetics & CCA
Pei Tong Primary School*

