



College of Physical Education

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REFERENCE

PROSPECTUS

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INSTITUTE OF EDUCATION,
LIBRARY, SINGAPORE.

'Physical Education for life'



COLLEGE OF PHYSICAL EDUCATION

Two red Singapore Lions rampant on pale blue background both supporting a central violet torch above which is an open book on a violet background. The rampant lions symbolise activity, courage and dignity. They demonstrate cooperation in supporting the torch of wisdom which is disseminating the light and guidance derived from the open book of knowledge.

Address: **College of Physical Education**, 469, Bukit Timah Road,
Singapore 1025, Republic of Singapore.
Tel: 4695151, Telegraphic Address: 'EDUCATOR',
Telex No: RS 33778

INSTITUTE OF EDUCATION

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This booklet is prepared for the general guidance of students of the College of Physical Education.

The information given, including rules and regulations, is not intended to be definitive.

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INTRODUCTION

The College of Physical Education (CPE) was set up in July 1984 as a constituent part of the Institute of Education. It is the only institution in Singapore that specializes in the training of physical education teachers.

At present, the College conducts pre-service training to produce physical education teachers for secondary schools and junior colleges. The two-year training programme leads to the Diploma in Physical Education.

The College also offers a range of full-time and part-time in-service courses for qualified practising teachers.

DATES OF TERMS

1986/87

The academic year consists of two semesters of two terms each as follows:-

July semester 1986	Term 1	7 Jul 86	—	6 Sep 86
	Term 2	22 Sep 86	—	6 Dec 86
January semester 1987	Term 1	5 Jan 87	—	14 Mar 87
	Term 2	23 Mar 87	—	30 May 87

GOVERNANCE

The governing body of the College of Physical Education is the Institute of Education Council whose members are from various public and quasi-government bodies and are appointed for a period of three years. There is also a College of Physical Education Academic and Examinations Board which advises the Council on academic matters pertaining to the College.

COUNCIL

- Chairman : PROFESSOR HUANG HSING HUA
Deputy Vice-Chancellor
National University of Singapore
- Deputy Chairman : MR JOHN YIP
Director/Schools
Ministry of Education
- Members : DR PAUL DAVID ROBINSON
Principal
College of Physical Education
- DR SIM WONG KOOI
Director
Institute of Education
- PROFESSOR EDWIN THUMBOO
Dean, Faculty of Arts and Social
Sciences
National University of Singapore
- ASSOC PROFESSOR BERNARD TAN
Dean, Faculty of Science
National University of Singapore
- DR LAW SONG SENG
Director
Vocational & Industrial Training Board
- MR MOSES LEE KIM POO
Director/Personnel
Ministry of Education
- COLONEL KWAN YUE YEONG
Chief Infantry Officer
Ministry of Defence
- MR LEE FONG SENG
Principal
Anderson Junior College
- MADAM MARY GOMEZ
Principal
Convent of the Holy Infant Jesus
(Toa Payoh)
- MRS WINNIE TAN JIT IMM
Principal
Paya Lebar Methodist Girls' School

Members : DR DIXIE TAN
Dixie Tan Clinic
Gleneagles Medical Centre
DR GIAM CHOO KEONG
Head (Sports Medicine & Research)
Singapore Sports Council
DR TONG KOK PAU
Personnel Director
Shell Eastern Petroleum (Pte) Ltd

ACADEMIC AND EXAMINATION BOARD

Chairman	:	Dr Robinson, Paul David	Principal
Secretary	:	Mrs Mak Lek Cher	Administrative Assistant
Members	:	Mr Aplin, Nicholas Giles	Lecturer
		Mrs Gilbey, Helen Jane	Lecturer
		Mr Hoh Yau Kong, Lawrence	Lecturer
		Mr Jones, Robert Eric	Lecturer
		Mr Koh Nam Sang, John	Lecturer
		Mr Kunalan Canagasabai	Lecturer
		Mr Lee Seck Kay, Philip	Lecturer
		Mr Lim Hock Han	Lecturer
		Mr Ong Lye Huat	Lecturer
		Mr Quek Jin Jong	Lecturer
		Mr Scoular, David Lyon	Lecturer
		Miss Tan Gim Neo, Evelyn	Lecturer
		Mr Tan Hwee Hock	Lecturer

GENERAL INFORMATION FOR STUDENTS

The Diploma in Physical Education Programme is open to graduates and non-graduates.

Procedures for application

Application for admission to the Diploma in Physical Education programme must be made on official forms which are obtainable from the Admissions and Records Section of the Institute of Education. The annual admission exercise for the Diploma in Physical Education programme will be advertised around mid-March for the academic year commencing in July 1986.

No student may pursue concurrently any course of study at another institution of learning when enrolled as a full-time student in the College of Physical Education.

Teaching bursary*

Students of the College of Physical Education will be awarded a Teaching Bursary payable monthly at the following rates:

1st Year :	Non-graduates	—	\$ 500/-
	Graduates	—	\$ 940/- (pass degree)
&			\$1,300/- (honours degree)
2nd Year :	Non-graduates	—	\$ 640/-
	Graduates	—	\$ 800/- (pass degree)
		—	\$1,000/- (honours degree)

Tuition fees

A student's education at the College of Physical Education is subsidised by the Government of Singapore. The College will adjust its fees to reflect the approximate recurrent cost of providing education in this programme from time to time.

The rate of tuition fees applicable to students admitted in the academic year 1986/87 is \$9,920/-*.

Tuition Grant

To assist students to pay their tuition fees, the Singapore Ministry of Education provides tuition grants to all students who gain admission to the College. These grants cover the major part of the tuition fees, with the direct

* This is the current rate. It is subject to revision from time to time.

fee from the student being the difference between the tuition fees and the tuition grants as indicated below.

	Direct Payment by Student	Tuition Grant
Diploma in Physical Education Programme	\$420/-*	\$9,500/-*

Bond

All students receiving the teaching bursary and tuition grant will be bonded to serve the Government of Singapore for a period of three years. Students already bonded, eg. PSC teaching award holders, will not be further bonded.

Accommodation for foreign students

As the College of Physical Education is a non-residential college, all foreign students who are admitted will be advised to make their own housing arrangements for the duration of the training programme. Students who face problems with accommodation, may approach the Staff Advisor for foreign students and the Students' Council for assistance. For students who are keen on accommodation at the National University of Singapore hostels located near the College, i.e. Eusoff College and Eusoff College (Nassim Wing), letters to certify that they are students of the College of Physical Education would have to be obtained from the General Office, CPE, prior to their application.

Student counselling service

Student counselling service is available at the IE Department of Educational Testing, Guidance and Counselling, which is located at the basement of the 'B' Wing of the Oei Tiong Ham Building.

* This is the current rate. It is subject to revision from time to time.

Facilities

Lecture Rooms

The College has a lecture hall and 7 lecture rooms. The lecture hall, which has a seating capacity of about 100, is used for talks, lectures, plays, concerts and the showing of films. The lecture rooms can each accommodate about 30 students. These are used for lectures and tutorials.

Other teaching facilities

The College is also equipped with a Fitness and Conditioning room and Exercise Physiology and Motor Skill Laboratories. There is also an audio-visual room.

Resource Centre

The Resource Centre has a collection of publications and articles in the Physical Education discipline for staff and students' reading and reference. Materials must not be removed from this Centre.

Sports and games facilities

The College makes use of IE's facilities which include three basketball courts, two netball courts and a gymnasium. The College also makes use of the Sports facilities of the schools in the vicinity and some Sports Council public facilities.

Canteens

There are two canteens on the campus. Canteen 1 is located at the first storey of the Students' Recreation Centre. This canteen is self-service and provides Chinese, Muslim and Indian food. It is open from 7.30 am to 5.00 pm from Monday to Saturday. Canteen 2 is located at House No. 4 and serves a la carte style Chinese and Western food and a variety of hawker-type food. This canteen is open from 8.00 am to 8 pm from Monday to Friday, and from 8.00 am to 2.30 pm on Saturday.

Sundry store

There is a sundry store located on the first storey of the Students' Recreation Centre which sells newspapers, stationery, toiletries, etc.

Bookshop

There is a bookshop run by the National University of Singapore Multi-purpose Co-operative Society. It is located at the annex of House No. 4.

Cash-on-line facilities

There is a POSB automated teller machine installed on the first storey of the Students' Recreation Centre next to the sundry store.

Students' Resource Room

The Students' Resource Room is at the Annex of the Federal Building. It serves the general student body.

LIBRARY

The Library's total stock consists of 118,984 books in the four official languages, 720 periodical subscriptions, and a growing collection of tests and microtext material. The books and bound periodicals are arranged on the open shelves by subject according to the Library of Congress Classification System. The tests and microfilms are kept in the Reference Department.

The Library provides loan, information and reference services to all students and staff of the College as well as school principals and teachers in Singapore.

All students must register with the Library. Upon registration each student is given 6 library tickets: five for borrowing general books for a period of 4 weeks, and one for borrowing Reserve Books, commonly known as red-spot books, on a two-hourly basis. Fines are charged for overdue loans.

The Information Desk serves as the centre of general information and assistance in using the library resources and facilities.

The inter-library loan service which supplements the library's collection is available for staff and higher degree students engaged in thesis research. Photocopying facilities are also provided.

The opening hours are as follows:-

During term	Monday to Friday	8.30 am – 6.00 pm
	Saturday	8.30 am – 5.00 pm
During vacation	Monday to Friday	8.30 am – 5.00 pm
	Saturday	8.30 am – 1.00 pm

Further information on the library is available in the Library Users' Guide which is distributed to all students on enrolment.

THE STUDENT'S COUNCIL AND STUDENT SOCIETIES

The Students' Committee

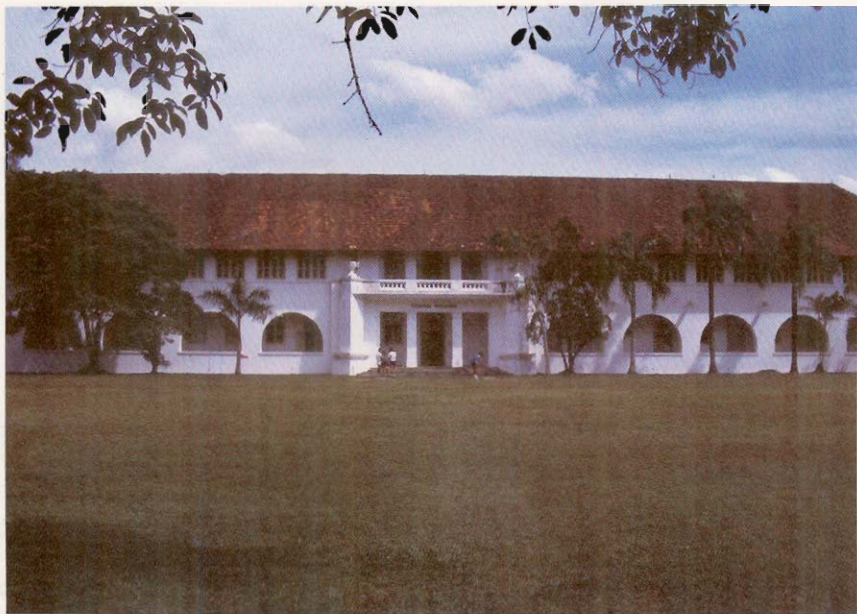
The College of Physical Education (CPE) has a student body in which all registered student are members. It is known as the Students' Committee. The administration of student activities lies with the Students' Committee whose members are elected at the annual general meeting by the student body. The Students' Committee aims to:

- uphold the dignity and honour of the CPE by supporting all measures taken for the maintenance of good order and discipline;
- inculcate the right attitudes, develop leadership qualities and promote an esprit de corps among its members;
- organise sporting, recreational and social activities for its members;
- maintain liaison between students, staff and administration.

The Students' Committee has four sub-committees to provide a varied programme for its members:

- a) Sports Committee
- b) Social Committee
- c) Publicity Committee
- d) Welfare Committee

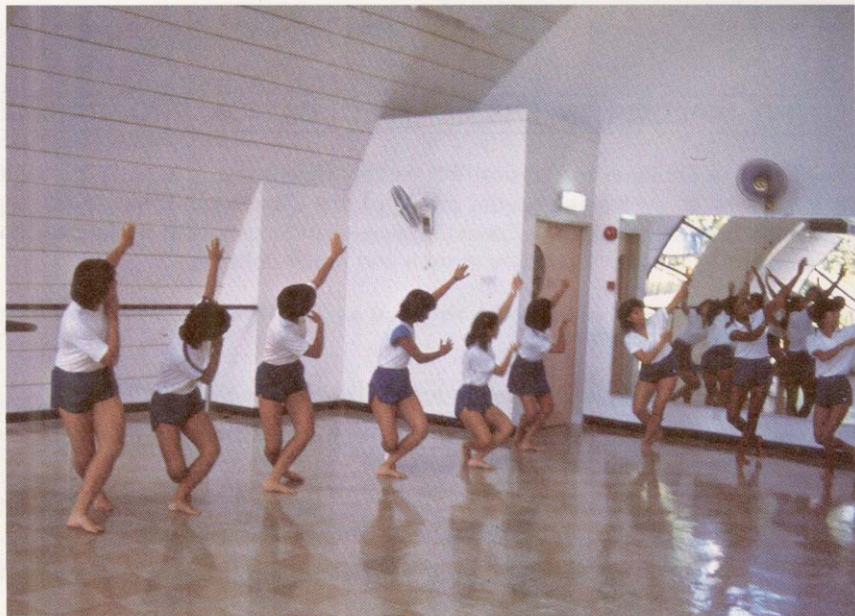
The Students' Committee is also represented on the Institute of Education (IE) Students' Council. Through this arrangement, CPE students will be able to take part in the IE Students' Council activities thereby providing opportunities for students of the two institutions to interact.



The College is situated at the Federal Building in Bukit Timah Campus in the midst of the lush greenery.



Track and Field is one of the compulsory practical areas which the student teachers undergo so as to ensure that they experience and learn to teach a range of activities.



Dance is another practical area which the student teachers learn. A time for cooperation and no competition.



The theoretical component of the programme includes the scientific aspects of physical education. Above shows a laboratory session in exercise physiology.

THE DIPLOMA IN PHYSICAL EDUCATION PROGRAMME

The Diploma in Physical Education programme is a two-year full-time course of study leading to the award of the Diploma in Physical Education, which is recognised by the Education Service in Singapore as a qualification for students to teach in secondary schools and junior colleges.

Aims of the Programme

The Diploma in Physical Education programme seeks to:

- develop professional competence and expertise in teaching Physical Education as a major subject;
- enable students to follow an academic and knowledge based approach to the subject area of Physical Education;
- train students to teach a second subject at the lower secondary school level;
- give student-teachers a grasp of the psychological, sociological and philosophical principles essential to an understanding of the teaching process.

Entry Requirements

The Diploma in Physical Education is open to graduates and non-graduates.

For admission to the Diploma in Physical Education programme, candidates are required to possess passes at 'A' Level in two subjects and 'AO' Level in two subjects including General Paper obtained at one and the same GCE 'A' Level Examination. They must also have passed at 'O' Level in Mathematics.

In addition, candidates will need to demonstrate an interest and ability in Physical Education and Sports: a practical assessment will form part of the admission procedure.

Fees

The fees charged for the Diploma in Physical Education programme are given below. Fees are payable on a semester basis.

Direct Tuition Fee : \$420/-*

Supplementary Fees	:	\$28/- per annum
Group Personal Accident Insurance Fees	:	\$5/- per annum
Diploma Fee	:	\$10/- payable on successful completion of the programme.

Structure and Schedule of the Diploma in Physical Education Programme (see Table 1)

1st Year

Physical Education (Theory and Applied):-

- Scientific Aspects of Physical Education I
- Curriculum Planning in Physical Education
- Physical Education, Schools and Society

Physical Education (Practical):-

- | | |
|-----------------|------------------|
| Track and Field | Dance |
| Gymnastics | Swimming |
| Games | Outdoor Pursuits |

Teaching Method

Teaching Experience and Practice

Principles and Practice of Education

English Language

Moral Education

Instructional Technology

2nd Year

Physical Education (Theory and Applied):-

- Scientific Aspects of Physical Education II
- Curriculum Planning and Current Issues in Physical Education
- Comparative Studies in Physical Education and Sports

Physical Education (Practical):-

- | | |
|-----------------|----------|
| Track and Field | Games |
| Gymnastics | Swimming |

Opportunity for advanced study of track and field, selected games, swimming and dance will be available.

Teaching Method

Teaching Practice

English Language

Second Subject – to be selected from English, Mathematics, Science, Geography, History or Moral Education.

Assessment

Different modes of assessment have been built into the elements making up the programme and are shown in Table 1. Pass grade must be reached at the end of the course or within the following term in the case of failure. The re-examination of Final Comprehensive Papers are usually held at six monthly intervals. Students must complete satisfactorily all the course elements they are required to take before qualifying for the award of the Diploma. Under normal circumstances, no candidate will be permitted to take more than three years to complete the programme of study and pass the examinations for the Diploma in Physical Education.

Course Objectives and Descriptions

Physical Education

The course in Physical Education is composed of theoretical and practical components. The theoretical knowledge and its application through practical activities are brought together in the teaching of those activities to children.

Theory and Applied Physical Education: This comprises of:-

Scientific Aspects: The biological basis of Physical Education; growth and development; fitness and conditioning; exercise physiology; acquisition of skill and psychological aspects of teaching and coaching; biomechanical elements of sports activities; and measurement and evaluation.

Physical Education and Society: The contribution of Physical Education to the needs of society – its aims, objectives and values. Sports as a cultural phenomenon including a comparative study of Physical Education and Sports in other systems and countries.

Physical Education in the Curriculum: Planning the curriculum, its content, objectives and evaluation, recent changes in the curriculum and teaching methods. The Physical Education Department in schools – its role, organisation and function.

Practical Activities: The content covers Tract & Field, Gymnastics, Swimming and Diving, games (principle of games, soccer, rugby, hockey, netball, dance, tennis, volleyball, basketball, badminton, squash), and outdoor pursuits of Sailing, Canoeing, Orienteering and Camping. The accent is on ensuring that all student teachers experience and learn to teach a range of activities. This will be done by focussing on:

- the techniques and tactics of specific activities with teaching progressions, support, safety and performance in relation to growth and development as integral aspects of all sessions;
- class organisation and management with a view to effective, efficient and safe teaching. This aspect of the student teacher's work will be reinforced in the Teaching Method and Curriculum Theory sessions. Ability to demonstrate technical skills will be regarded as an essential element in the teacher's vocabulary.

During the later part of the course, students will be able to select from track & field, swimming, games and dance to take an advanced module. (Student numbers and time-tabling arrangements may require limits being imposed on the range of choice offered). Gymnastics is a compulsory component throughout the programme.

Teaching Method: This module links with Curriculum Planning in Physical Education but the focus is on the specific lesson. Lesson preparation and lesson management will be studied by considering lesson objectives, contents, teaching styles and methods, teacher pupil relationships and standards.

Teaching Practice and School Experience: This is a major component in the course. Students will spend approximately 20 weeks in schools during the two-year programme and teach Physical Education and their second subject. It is in this part of the course that students will initiate and develop their practical skills in teaching.

Education

Principles and Practice of Education: This course provides student teachers with an understanding of the basic concepts and principles of education. Based on a thematic approach, the course is organised under the four main themes of the Teacher and Teaching, Content and the Curriculum, the Pupil and Learning and the School and Society. Discussion of the four themes brings together insights drawn from Philosophy, Psychology and Sociology and from an understanding of the Singapore education system.

English Language: This is designed to help student teachers to use their English more accurately and effectively, both inside and outside the classroom. Ability to read and understand relevant literature as well as communicate in the gymnasium, sports hall, games court, playing field, track or swimming pool is vital to the Physical Education teacher's role.

Introduction to Moral Education: This course is designed to introduce student-teachers to the various sources of moral values and an analysis and discussion of the relative strengths of these values.

Instructional Technology: This course is designed to teach students the rudiments of communication principles and the selection, use and production of instructional materials including audio-visual equipment.

Second Subject: A course element designed to enable the student teacher to offer a further subject to be taught at a lower secondary school level. The choice will be one from English, Mathematics, Science, History and Geography.

**TABLE 1: STRUCTURE AND SCHEDULE OF THE DIPLOMA IN PHYSICAL EDUCATION PROGRAMME
(FIRST AND SECOND YEAR)**

Course	Term Hours	JULY Yr 1-1	SEPT Yr 1-2	JAN Yr 1-3	MAR Yr 1-4	JULY Yr 2-1	SEPT Yr 2-2	JAN Yr 2-3	MAR Yr 2-4	Mode of Assessment
PHYSICAL EDUCATION – THEORY										
Scientific	225	40	60	20	–	40	40		25	Coursework and Examination
Social-Psych Aspects	105	40	10			20			35	
PE in the Curriculum	50					20	10		20	
PHYSICAL EDUCATION – PRACTICAL										
Gymnastics	90	20	20	10		10	15		15	Practical Assessment, Coursework and/or Examination
Track & Field	40	10	20	10						
Swimming and Life-saving	40	20		10		10				
2nd Year Options	90								3 x 30	
Games	270	50	40	50		70	60			Progress Rating & Certification
Outdoor Pursuits	120	20	20	20	40		20			
Teaching Method	50			30			20			
TEACHING PRACTICE/ SCHOOL EXPERIENCE	410		30		180			200		Progress Ratings
EDUCATION										
Principles and Practice of Education	120	40	40	40						Assignment and Examination Progress Rating Assignment
English Language	120	20	20	20		30	30			
Introduction to Moral Education	30			30						
Academic Second Subject	120					40	40		40	Assignment Assignment
Instructional Technology	60		30	30						
TOTAL:	1940	260	290	270	220	240	235	200	225	

Note: In addition to the above mode of assessment, the students are also required to undertake two comprehensive examinations at the end of the second year.

IN-SERVICE EDUCATION PROGRAMME

The continuing teacher education programme of the College of Physical Education offers both full-time and part-time courses.

The courses serve to enable teachers to upgrade their knowledge and professional competence in specific areas of physical education or to acquire a broader perspective of Physical Education as a discipline and as a profession.

The in-service courses available for teachers are set below.

Course Title	Duration	Brief Course Description
Certificate in Physical Education Course (title under review)	380	This course is designed to give suitably qualified teachers an introductory learning experience in the subject matter and pedagogical principles of Physical Education. Graduates from this course should be able to teach Physical Education competently and assist in planning, implementing and evaluating a Physical Education Programme. They should also be able to contribute to the organization and teaching of ECA (sports).
Diploma in Physical Education Course	520	This course will enable teachers to play a significant and effective leadership role in terms of knowledge of subject matter, instructional skill and competency in planning and management in the school. The course comprises of 240 hrs of theory and laboratory work and 280 hrs of practical work with special emphasis on effective coaching and teaching techniques for the various levels of pupils' ability.

In-Service Courses in specific areas such as Sports Secretary Course, Track & Field, Gymnastics, Volleyball, etc. are provided from time to time to meet the needs of serving teachers.

Admission Requirements for In-Service Courses

Participants for the in-service courses must be trained practising teachers. In addition to this requirement, some courses require certain background knowledge and experience as pre-requisites. Selection of candidates shall be based on recommendation of the Ministry of Education and, in some courses, an interview by the College.

Fees

Participants selected for the various courses are generally sponsored financially by the Ministry of Education. The specific amount charged by the College is dependent on the duration of the course and cost of teaching materials involved.

Assessment Criteria

The mode of assessment for the in-service courses varies according to the nature of the subject covered. It can take the forms of evaluation through written assignments, practical demonstration and teaching, seminar presentations, laboratory work and/or written examinations.

Awards

On successful completion of an in-service course, participants will be awarded an Educational Statement issued by the College of Physical Education. Those who successfully completed the Certificate in Physical Education* or the Diploma in Physical Education programmes will be awarded the Certificate in Physical Education or the Diploma in Physical Education respectively.

* Title under review

COLLEGE STAFF

Principal

ROBINSON, PAUL DAVID (DR)
Ph D (Michigan State), MA (Michigan State), B Sc (Bristol),
D.L.C. (Hons) (Loughborough), Cert Ed (Nottingham)

Lecturers

APLIN, NICHOLAS GILES
Cert Ed, B Ed (Hons) (Loughborough), M Sc (Loughborough)

GILBEY, HELEN JANE (MRS)
M Sc (Indiana University of Pennsylvania), B Sc (Indiana University of
Pennsylvania), Cert Ed (London)

HOH YAU KONG, LAWRENCE
M Sc (Purdue), Normal Cert (TTC), Cert PE (Teachers' College, NZ)

JONES, ROBERT ERIC
B A (Hons) (Open), D.L.C. (1st Class Hons) (Loughborough),
Teaching Certificate (Loughborough)

KOH NAM SANG, JOHN
M Ed (Victoria, Canada), Cert Ed (TTC), Cert PE (Carnegie College, UK)

KUNALAN CANAGASABAI
Cert Ed (TTC), Cert of Physical Edun, Health & Recreation (Nedlands College,
Western Australia), Adv Cert Ed (IE), Adv Coaching Cert in Track & Field
(West Germany)

LEE SECK KAY, PHILIP
M Sc (UCLA), B Sc (UCLA), Cert Ed (TTC)

LIM HOCK HAN
M Sc (Oregon), Dip PE (King Alfred's College, Southampton), Normal Cert
(Selangor Ed Dept)

ONG LYE HUAT
Cert PE (UK), Cert Ed (TTC)

QUEK JIN JONG
M Sc (Oregon), B Sc (Oregon), Adv Cert Ed (IE), Cert Ed (TTC)

SCOULAR, DAVID LYON
MA (Ed) (Southampton), B Ed (Loughborough College of Ed), Teaching Cert
(Loughborough College of Ed)

TAN GIM NEO, EVELYN (MISS)

M Sc (Oregon), B Acc (S'pore), RAS (S'pore), Dip Ed (IE)

TAN HWEE HOCK

D.L.C. (Hons) (Loughborough), Cert Ed (Loughborough), Normal Cert (TTC),
Supplementary Cert PE (Loughborough)

Administrative Assistant

MAK LEK CHER (MRS)

B A (S'pore)