

WORK-STUDY DIPLOMA IN FITNESS MANAGEMENT

Course Objective

This course equips trainees with the skills, knowledge and professional attributes to conduct fitness assessments and provide personalised and group exercises for individuals, masses and organisations. The graduate could also be a fitness entrepreneur running a fitness and wellness business locally or internationally.

Core Modules

Module 1: Fitness Appraisal & Consultation

On completion of the module, trainees should be able to administer pre fitness assessment, interpret client exercise target accurately and provide personalised consultation service.

Module 2: Fitness Design & Management

On completion of the module, trainees should be able to develop appropriate fitness programme for individual and small groups, and plan activity and exercise suitable for groups of people with different body structures. Trainees should be able to provide post exercise assessments to their client/s.

Module 3: Group Fitness Choreography

On completion of the module, trainees should be able to create and conduct different aerobic routines for large groups in accordance to industry health and safety guidelines.

Module 4: Strength & Conditioning

On completion of the module, trainees should be able to develop sport conditioning exercise and activity in collaboration with the client or athlete, drill and coach routine and access performance outcomes at regular intervals.

Module 5: Sport Analytics & Technology

On completion of the module, trainees should be able to leverage on data analytics software, tool and wearable device to generate relevant dashboard for evaluation and decision-making.

Module 6: Exercise & Wellness for Active Aging

On completion of the module, trainees should be able to utilise scientific method to create practical programmes for individuals to maintain a healthy lifestyle.

Module 7: Integrated Wellness Coaching

On completion of the module, trainees should be able to apply a holistic approach when coaching client/s towards achieving wellness in consideration of physical, mental and spiritual aspects.

[Note: Targeted to (i) healthy active agers and (ii) active agers with pre-existing health condition/s]

Module 8: Fitness Club Management

On completion of the module, trainees should be able to operate and manage a fitness gym or sport facility, ensuring adherence to regulatory guidelines.

Integration & Performance I

On successful completion of the module, trainees should be able to integrate requisite skills, knowledge and professional attributes across different areas of competency centred around authentic work situations, and demonstrate proficiency in work performance.

Integration & Performance II

On successful completion of the module, trainees should be able to integrate requisite skills, knowledge and professional attributes across different areas of competency centred around authentic work situations, and demonstrate proficiency in work performance.

Company Project

On successful completion of the module, trainees should have applied their acquired competencies in an authentic project that would value-add to the company.

On-the-Job Training

On completion of the module, trainees should be able to apply the skills and knowledge acquired at ITE College and workplace to take on the full job scope, including supervisory function where appropriate, at the company.