

S/N	Course provider	Course title	CE hours awarded	Course description	URL
1	Alison	Physical Education – Coaching styles and techniques	2.5	This free online course on Physical Education teaches you about the different coaching styles and coaching techniques.	https://alison.com/course/physical-education-coaching-styles-and-techniques-revised
2	Alison	Working as a Gym Instructor	2.5	This free online health and fitness course explains how gym trainers help their clients to achieve their wellness goals.	https://alison.com/course/working-as-a-gym-instructor
3	Alison	Diploma in Physical Fitness	5	Improve your physical fitness know-how with the theories and practices covered in this free online course.	https://alison.com/course/diploma-in-physical-fitness-revised-2018
4	Alison	Diploma in Human Nutrition	5	Improving your overall health and wellness is easy with this free online health and nutrition course.	https://alison.com/course/diploma-in-human-nutrition-revised-2017
5	Alison	Fitness Coaching Gym Workouts and Bodybuilding	2.5	Explore the basics of bodybuilding and learn how to employ a complete gym workout programme in this free online course.	https://alison.com/course/fitness-coaching-gym-workouts-and-bodybuilding
6	Alison	Sports and Exercise Psychology	2.5	This free online course teaches the fundamental concepts and theories in sports and Exercise psychology	https://alison.com/course/sports-and-exercise-psychology
7	Alison	Sports Science Essentials: Performance and Recovery	2.5	Discover the relevant skills required and information to become a sports scientist in this free online training course.	https://alison.com/course/sports-science-essentials-performance-and-recovery
8	Alison	Guide to Stretching For Flexibility & Posture	2.5	Learn how stretching exercises can help with muscle pain and posture in this free online health and fitness course.	https://alison.com/course/guide-to-stretching-for-flexibility-and-posture
9	Alison	Diploma in Health Studies	5	Learn about important global issues affecting diet, nutrition, and women's health with this free online course.	https://alison.com/course/diploma-in-health-studies-revised-2017
10	Alison	Coaching Health and Wellness	2.5	Learn how to help clients achieve their fitness goals with the coaching tips and techniques in this free online course.	https://alison.com/course/coaching-health-and-wellness
11	Alison	Guide to Becoming a Fitness Instructor	2.5	Learn how to become a professional personal trainer or gym instructor in this free online health and fitness course.	https://alison.com/course/guide-to-becoming-a-fitness-instructor
12	Alison	Health and Fitness - Flexibility, Calisthenics and Plyometrics	2.5	Learn how flexibility, calisthenic and plyometric exercises are used to develop muscle strength, power, endurance	https://alison.com/course/health-and-fitness-flexibility-calisthenics-and-plyometrics-revised
13	Alison	Pilates Principles - The Fundamentals for Ultimate Full-Body Workout	2.5	Learn how to do Pilates in this free online fitness course that provides the training required for a full-body workout.	https://alison.com/course/pilates-principles-the-fundamentals-for-ultimate-full-body-workout
14	Alison	Human Health - Diet and Nutrition	2.5	Make the right food choices for a healthier lifestyle with this free online diet and nutrition course.	https://alison.com/course/human-health-diet-and-nutrition-revised
15	Alison	Diet And Nutrition Coaching	2.5	Train as a diet coach in this free online nutrition course that explains how to eat healthily and mentor clients.	https://alison.com/course/diet-and-nutrition-coaching
16	Alison	Ultimate Fitness System 3 - Gentle Stretching	2.5	Discover how to transform your body and improve your stretching and flexibility with this free online course.	https://alison.com/course/ultimate-fitness-system-3-gentle-stretching
17	Alison	Physical Fitness - Fitness Tips and Workout Routines	2.5	Improve your health and well-being with the workout routines taught in this free physical fitness course.	https://alison.com/course/physical-fitness-fitness-tips-and-workout-routines-revised
18	Alison	Introduction to Sports Injuries	2.5	This free online course provides fundamental theories and proper practices surrounding sports injuries.	https://alison.com/course/introduction-to-sports-injuries
19	Alison	Hormone Health for Fitness and Exercise	2.5	This free online health and fitness course explains how to use science to balance your hormones and boost testosterone.	https://alison.com/course/hormone-health-for-fitness-and-exercise
20	Alison	Diploma in Diet Planning & Meal Prep	2.5	Learn how to help clients meet their nutritional needs on their path to health and fitness in this free online course.	https://alison.com/course/diploma-in-diet-planning-and-meal-prep
21	Alison	Yoga Foundations and Teaching	2.5	Learn yoga in this free online wellness course that provides the training you require to become a yoga instructor.	https://alison.com/course/yoga-foundations-and-teaching
22	Alison	Basics of Sports Medicine	2.5	Develop an insight into the role of medicine in the world of sports with this free online course on Alison.com.	https://alison.com/course/fundamentals-of-sports-medicine
23	Alison	Physical Fitness - How to Avoid Injuries and Train Safely	2.5	Learn how to train safely, and prevent and treat a range of injuries that can arise during fitness training.	https://alison.com/course/physical-fitness-how-to-avoid-injuries-and-train-safely-revised
24	Alison	Ultimate Fitness System - Transform Your Fitness & Stretch!	2.5	Learn the ultimate fitness system, transform your fitness levels and learn how to stretch with this free online course.	https://alison.com/course/ultimate-fitness-system-transform-your-fitness-and-stretch
25	Alison	Vegan Nutrition: Meal Planning & Bodybuilding	2.5	Learn how to build muscle and lose weight on a vegan diet in this free online course that covers balanced meal planning.	https://alison.com/course/vegan-nutrition-meal-planning-and-bodybuilding
26	Alison	Health and Fitness - Running Tips, Swimming and Strength Training	2.5	Learn how performing running, swimming and strength training greatly improves health and fitness levels.	https://alison.com/course/health-and-fitness-running-tips-swimming-and-strength-training-revised
27	Alison	Ultimate Fitness System 2 - Fitness, Endurance & Stretching	2.5	Learn a fun and painless way to get in the best shape of your life using gentle exercises in this free online course.	https://alison.com/course/ultimate-fitness-system-2-fitness-endurance-and-stretching
28	Alison	Life Lessons From Sports	2.5	Learn the basic principles of sports, apply them and transform yourself in real life with this free online course.	https://alison.com/course/life-lessons-from-sports
29	Alison	Coaching Weight Loss	2.5	Learn how to help clients lose weight as a professional weight-loss coach in this free online health and fitness course.	https://alison.com/course/coaching-weight-loss
30	Alison	Building Healthy Daily Habits	2.5	Learn how you can adopt healthy daily habits for a more rewarding life with this free online course.	https://alison.com/course/building-healthy-daily-habits
31	Alison	Kundalini Yoga with Lisa Grail	2.5	Learn how to get rid of depression, apathy, nervousness, and improve your mental health with this free online course.	https://alison.com/course/kundalini-yoga-with-lisa-grail
32	Alison	Building Muscle & Fat Loss With A Proven Workout	2.5	Learn how to lose weight and build muscle with the proven workout and diet plans provided in this free online course.	https://alison.com/course/building-muscle-and-fat-loss-with-a-proven-workout
33	Alison	Introduction to Exercise Physiology	2.5	Develop training plans with this free online health and fitness course that explains how the body reacts to exercise.	https://alison.com/course/introduction-to-exercise-physiology
34	Alison	Weight-loss Strategies	2.5	This free online nutrition course explains how a healthy diet can help you to lose weight to look and feel your best.	https://alison.com/course/weight-loss-strategies
35	Alison	Basics of Coaching Weight Loss	2.5	Learn how to become a fitness coach and help clients to eat healthily and lose weight in this free online course.	https://alison.com/course/basics-of-coaching-weight-loss
36	Alison	Superfood Nutrition: Meals for Health, Exercise & Fitness	2.5	Learn about superfoods in this free online nutrition course that lays out the fitness benefits of eating healthily.	https://alison.com/course/superfood-nutrition-meals-for-health-exercise-and-fitness
37	Alison	Advance Diet Planning & Meal Prep	2.5	Learn how to lose fat and build muscle with the meal plans provided by this free online diet and nutrition course.	https://alison.com/course/advance-diet-planning-and-meal-prep
38	Alison	Muscle Building Without A Gym	2.5	Learn how a bodyweight workout plan can help you build muscle at home in this free online health and fitness course.	https://alison.com/course/muscle-building-without-a-gym
39	Alison	Health & Fitness Masterclass From Meal Plans to Home Workouts	2.5	Learn how to design meal plans and a home bodyweight exercise routine in this free online health and fitness course.	https://alison.com/course/health-and-fitness-masterclass-from-meal-plans-to-home-workouts
40	Alison	Build a Workout Routine & Plan for Fat Loss	2.5	Learn how to lose weight with the effective workout routines and plans provided in this free online weight loss course.	https://alison.com/course/build-a-workout-routine-and-plan-for-fat-loss
41	Alison	Motivation & Mindset of Weight Loss	2.5	Learn how to stick to your diet in this free online health and fitness course that looks at the science of weight loss.	https://alison.com/course/motivation-and-mindset-of-weight-loss
42	Alison	At-Home High-Intensity Interval Training	2.5	Learn how to build muscle and lose weight in your own home with HIIT in this free online health and fitness course.	https://alison.com/course/at-home-high-intensity-interval-training
43	WADA	World Anti Doping Agency CoachTrue Course	1	Refer to "WADA CoachTrue User Guide v2" for registration instructions: https://www.sportsingapore.gov.sg/files/Support/Coaches%20Corner/Continuing%20Coach%20Development/Coaching%20Learning%20Resources/WADA_CoachTrue_User_Guide_v2.pdf	https://adel.wada-ama.org/learn
44	iCoachKids Online Education Courses	Developing Effective Environment for Children in Sport	5	This course emphasises the importance of creating the right environment as the foundation for making sports a positive experience. This is the primary responsibility of children's coaches and club, school, or community group officials. It goes beyond teaching sports techniques, tactics, or exceptional movement skills.	https://icoachkids.org/learn/freeonlinecourses/course1
45	iCoachKids Online Education Courses	Child-Centred Coaching & Physical Literacy	3.5	This course provides coaches with the knowledge and tools needed to ensure their coaching aligns with the needs and interests of the children they work with. Additionally, it explores the widely recognized concept of Physical Literacy and how coaches can actively support its development.	https://icoachkids.org/learn/freeonlinecourses/course2
46	iCoachKids Online Education Courses	Coaching Children: Planning, Doing and Reviewing	2.5	The course contains four chapters: Chapter 1 - Planning for Success Chapter 2 - How Learning Happens and How Coaches Can Help Chapter 3 - Coaching in Competition Chapter 4 - The Lifelong Learning Coach	https://icoachkids.org/learn/freeonlinecourses/course3

47	Udemy	Sports Safety & Risk Management Module	0.5	Safety must be a fundamental component of our sporting culture and a prerequisite for a healthy lifestyle. In this course, learners will learn 5 rules to promote safety in sports and another 5 rules to manage risks in sports. These rules go a long way in ensuring the safety of the learners as well as the safety of others when engaging in sports activities.	https://www.udemy.com/course/sports-safety-risk-management/
48	Coursera	Science of Exercise	5	This course explains the relationship between exercise and the body's physiological responses, including carbohydrate, fat, and protein metabolism	https://www.coursera.org/learn/science-exercise
49	Coursera	Fundamental Sports related Musculoskeletal Anatomy	2.5	This is an online course on fundamental sports-related musculoskeletal anatomy which provides students with a basic understanding of the musculoskeletal structure and function of different body regions. Topics include an overview of the musculoskeletal system, spine, upper limb, and lower limb.	https://www.coursera.org/learn/fundamental-sports-related-musculoskeletal-anatomy
50	Coursera	Science of Diet and Exercise Specialisation	5	Break Down the Science of Diet and Exercise. Master the knowledge and skills to identify the diet and exercise interventions required for specific fitness goals.	https://www.coursera.org/specializations/nasm-science-of-diet-and-exercise
51	Coursera	National Academy of Sports Medicine Nutrition Essentials	5	Learn the latest and most up-to-date information on nutrition science, behavior change strategies, and nutrition coaching strategies.	https://www.coursera.org/learn/nasm-nutrition-essentials
52	Coursera	Fundamental Human Physiology in Sports Medicine	2.5	This is a course on fundamental sports-related musculoskeletal anatomy which provides students with a basic understanding of the musculoskeletal structure and function of different body regions. Topics include an overview of the musculoskeletal system, spine, upper limb, and lower limb.	https://www.coursera.org/learn/fundamental-human-physiology-in-sports-medicine
53	Coursera	Hacking Exercise For Health. The surprising new science of fitness	5	Exercise physiologists from McMaster University teach the surprising new science of cardio fitness and strength-building.	https://www.coursera.org/learn/hacking-exercise-health
54	Coursera	Aligning Diet and Exercise	2.5	This course teaches how to align common diet archetypes with exercise programming.	https://www.coursera.org/learn/aligning-diet-and-exercise
55	Coursera	Anatomy, Physiology, and Kinesiology for Fitness Professions	5	This course is part of the NASM Personal Fitness Trainer Professional Certificate	https://www.coursera.org/learn/anatomy-physiology-and-kinesiology-for-fitness
56	Coursera	Introduction to Self-Determination Theory: An approach to motivation, development and wellness	5	Self-determination theory (SDT) is an empirically based theory of motivation and psychological development that is especially focused on the basic psychological needs that promote high quality motivation and wellness, and how they are supported in social contexts.	https://www.coursera.org/learn/self-determination-theory
57	Coursera	Intro to Personal Training: A Career Starter Course Specialisation	5	The ACE Intro to Personal Training Career Starter Course equips aspiring trainers with essential knowledge in exercise science, program design, client assessment, and professional responsibilities.	https://www.coursera.org/specializations/intro-to-personal-training
58	Coursera	Anatomy: Musculoskeletal and Integumentary Systems	5	In this anatomy course, part of the Anatomy Specialisation, you will learn how the components of the integumentary system help protect our body (epidermis, dermis, hair, nails, and glands), and how the musculoskeletal system (bones, joints, and skeletal muscles) protects and allows the body to move.	https://www.coursera.org/learn/anatomy403-1x
59	Coursera	The Science of Movement Specialisation	5	This Specialisation is intended for individuals seeking to understand how the nervous system controls muscle forces that drive movement. Through three courses, you will learn how to distinguish the role of different parts of the nervous system in producing movement, which inform the development of interventions that can improve and restore movement capabilities.	https://www.coursera.org/specializations/science-of-movement
60	Coursera	Science of Fat Metabolism	2.5	This course provides a greater understanding of fat-related concepts including the fats consumed in various diets, the physiology of fats within the body, in addition to ways fats are absorbed, stored, and utilised as fuel.	https://www.coursera.org/learn/science-of-fat-metabolism
61	Coursera	Understanding Fitness Programming	5	In this course, you will learn to identify appropriate exercises to meet each client's specific needs and objectives.	https://www.coursera.org/learn/understanding-fitness-programming
62	Coursera	Foundations of Exercise and Nutrition	5	This is the second of three courses in the ACE Intro to Personal Training specialisation which is a comprehensive course designed to equip aspiring personal trainers with the foundational knowledge and skills necessary for a successful career in the fitness industry.	https://www.coursera.org/learn/foundations-exercise-nutrition
63	Coursera	Improving Immunity Based on Traditional Eastern Exercises	5	This course is characteristic for its combination of physical education and medicine, so the course will be taught by experts in either sports or medicine. The teaching content covers both disciplinary theory and specific training method, showcasing the unique culture and charm of the East while conducting cross-cultural communication as well as sharing the wisdom of traditional exercises and modern research and application in this regard.	https://www.coursera.org/learn/sjityoga
64	Coursera	Nutrition Hot Topics and Controversies	2.5	This course has been designed to take an in-depth approach to explain the science behind many nutrition hot topics and controversies faced by discerning readers today including organic vs. conventionally farmed foods, grass-fed, GMOs, gluten, sweeteners vs. nonnutritive sweeteners in addition to the myths behind detoxes and cleanses.	https://www.coursera.org/learn/nutrition-hot-topics-and-controversies
65	Coursera	Anatomy & Physiology: Support & Movement	5	Course material will cover both the structure (anatomy) and function (physiology) of each system with direct application to human development and disease.	https://www.coursera.org/learn/anatomy--physiology-support-movement
66	Coursera	Movements Are Controlled By Muscle Forces	5	In this course, we will delve into the mechanisms by which our nervous system communicates with our muscles, allowing us to perform a wide range of coordinated movements with precision.	https://www.coursera.org/learn/movements-controlled-muscle-forces
67	Coursera	Movement Capabilities Depend on Neuromuscular Properties	5	By the end of this course, you will have gained a comprehensive understanding of how neuromuscular properties influence our movement capabilities. You will appreciate the complex interplay between our nervous system and muscles, and how they adapt and respond to different stimuli and challenges.	https://www.coursera.org/learn/movement-capabilities-neuromuscular-properties
68	IFPA Singapore	IFPA Certified Personal Fitness Trainer Course	10	The IFPA PFT Seminar is an intensive, hands-on course designed to equip aspiring fitness professionals with the practical skills, scientific knowledge, and confidence to succeed as certified personal trainers.	www.getcertifiedpt.com
69	International Management & Sport College	Bachelor of Science in Sports and Exercise Science	10	The Bachelor of Science in Sport and Exercise Science (Top-up) programme offered by the University of Portsmouth is primarily concerned with the analysis and enhancement of sporting and exercise performance from both a performer's and scientist's perspective. To reflect the varying areas explored in this domain, there are four main themes to the course which include: Exercise and Health Physiology, Sport and Exercise Psychology, Kinesiology and Biomechanics, and Research Methods and Skills in Higher Education.	https://imsc.edu.sg/bsc-sports-and-exercise-science-top-up/
70	Nanyang Technological University (NTU)	Bachelor of Science (Honours) in Sport Science & Management (SSM)	10	SSM is the only undergraduate programme offered by a local tertiary institute that provides academic and professional pathways to sport-related careers.	https://www.ntu.edu.sg/education/undergraduate-programme/bachelor-of-science-in-sport-science-management
71	Nanyang Technological University (NTU)	Bachelor of Arts (Education) and Bachelor of Science (Education) BabSc	10	The Bachelor of Arts/Science (Academic Discipline & Education) (BABSc) is a four-year undergraduate program at the National Institute of Education (NIE) in Singapore. The program is a double major that provides students with a degree in an arts or science subject and a teaching qualification for primary or secondary schools.	https://www.moe.gov.sg/careers/teaching-scholarships-sponsorships/bachelor-arts-science
72	PSB Academy	Bachelor of Science Exercise and Sport Science (top-up)	10	The programme explores the science used to help the body perform to its full potential. It offers more than most sports science degrees because you learn about science purely in its relationship to exercise and sport. Study physiology, biomechanics, and sports psychology but also take a very practical approach to the application of science to sport.	https://www.psb-academy.edu.sg/edinburgh-napier-university/bachelor-of-science-sport-and-exercise-science-top-up

73	PSB Academy	Bachelor of Science (Exercise and Sport Science)	10	PSB Academy's sports science courses in Singapore offers an in-depth exploration into nutrition, physiology, and performance enhancement. From certificate courses to diplomas and bachelor's degrees, each is designed to pave the way for rewarding careers in sports and exercise science. Preparing graduates for diverse opportunities in coaching, sports therapy and more.	https://www.psb-academy.edu.sg/disciplines/sport-science-courses
74	Singapore Institute of Technology (SIT)	Bachelor of Science (Honours) Physiotherapy	10	The Bachelor of Science with Honours in Physiotherapy programme is a four-year, direct honours degree programme. The programme aims to produce professional physiotherapists who are theoretically-grounded and clinically-oriented to practise autonomously in different specialities of physiotherapy.	https://www.singaporetech.edu.sg/undergraduate-programmes/physiotherapy
75	Singapore University of Social Sciences (SUSS)	Safety Standards, Legislations and Best Practices	10	The Course introduces the legal context within which health and safety practitioners operate. Students will be exposed to local safety guidelines, standards and legislations including Singapore's Workplace Safety and Health Act, Work Injury Compensation Act and related statutes. Common Law negligence and its application; employer's duty and occupier's liability shall be discussed during the seminars to give students sufficient knowledge to understand how they are applied to workplace safety and health related situations. An introduction and comparison to occupational safety and health standards and the laws governing these areas outside of Singapore, namely, in Europe, England and the United States shall be discussed briefly.	https://www.suss.edu.sg/courses/detail/hfsy355 Safety Management and Audit SUSS
76	Singapore University of Social Sciences (SUSS)	Safety Management and Audit	10	This course covers important topics in managing and auditing safety in the workplace. Students will be taught the importance of safety policy and culture at work and how best to implement and communicate these policies to the workforce. The different quality management standards are also explored. Students are also taught the processes of developing a safety audit system, how to plan and implement an audit and also how to prepare an audit report.	
77	Singapore University of Social Sciences (SUSS)	Bachelor of Sports and Physical Education	10	This programme integrates essential pedagogical knowledge and skills tailored to practicing teachers as well as those interested in sport, physical education and outdoor education. Courses in this programme are designed to provide a broad spectrum of theoretical knowledge, as well as practical skills that are essential for the work place.	https://www.suss.edu.sg/programmes/detail/bachelor-of-sports-and-physical-education
78	PSB Academy	Certificate in Sport and Exercise Sciences	10	Our Certificate in Sport and Exercise Sciences provides a strong foundation in the multi-disciplinary areas of sports and exercise science. Essential if you are interested in pursuing a career in the sports, health and fitness industry.	https://www.psb-academy.edu.sg/psb-academy/certificate-in-sport-and-exercise-sciences
79	Republic Polytechnic (RP)	Group Exercise Instructor (Music)	10	The group exercise instructor (music) course equips participants with knowledge and skills in designing and teaching safe and effective group fitness programmes for the different populations.	https://www.rp.edu.sg/ace/short-course/Detail/group-exercise-instructor-(music)
80	Republic Polytechnic (RP)	Introduction to Disability Sports	5	In this "Introduction to Disability Sports", participants will get an opportunity to understand disability awareness and the sports delivery system in Singapore for disability sports. Participants will also identify the barriers and facilitators faced by PWDs in sports.	https://www.rp.edu.sg/ace/short-course/Detail/introduction-to-disability-sports
81	Republic Polytechnic (RP)	Intermediate Sport Science (ISS)	10	The Intermediate Sport Science course is designed to equip participants with the sport science knowledge to coach competitive athletes in their early years of competition.	https://www.rp.edu.sg/ace/short-course/Detail/intermediate-sport-science-(iss)
82	Republic Polytechnic (RP)	Sport Coaching	10	Jumpstart your coaching career with the Diploma in Sport Coaching (DSC), developed in consultation with Sport Singapore. Immerse yourself in the fundamentals of sport science, sport pedagogy, and professional coaching practices. This programme is your gateway to mastering the art and science of coaching, setting you on the path to become an exceptional sports coach.	https://www.rp.edu.sg/ssh/full-time-diplomas/details/diploma-in-sport-coaching
83	Republic Polytechnic (RP)	Sport & Exercise Science	10	This diploma combines scientific principles with practical application to give you a strong understanding of human physiology, biomechanics, sports nutrition, and sports psychology. You will learn how to analyse and optimise athletic performance, prevent injuries, and develop effective training programmes.	www.rp.edu.sg/ssh/full-time-diplomas/details/diploma-in-sport-and-exercise-science
84	Republic Polytechnic (RP)	[RP-CFIC] Chair Fitness Instructor Course	10	The chair fitness instructor course is focused on equipping fitness trainers with a variety of fitness teaching skills to cater for the different populations in Singapore, especially, the senior population. Chair fitness workouts are low-impact form of exercises suitable for seniors, individuals with limited mobility, and/or recovery from injury.	https://stms.polite.edu.sg/student/ihlcourse/detail/7f5d2c2a-e61c-4981-ad3f-622b13163ef7
85	Republic Polytechnic (RP)	Resistance band workshop (RBW)	8	The resistance band may be a common exercise tool used by many. However, not many people use it correctly and know what type of resistance band to use as it comes in variety. Many a times, even a trainer may fumble on it. Thus, this resistance band training workshop is to educate trainers on how to lead group exercise classes and/or one-on-one sessions using various types of bands for muscles and bone strengthening more effectively.	https://stms.polite.edu.sg/student/ihlcourse/detail/83b9c571-1d88-4429-8d1b-03b5f17844ba
86	Republic Polytechnic (RP)	Active Ageing Through Physical Activity (AATPA)	8	This course is designed to enhance overall physical fitness that integrates strength, balance, and flexibility training. Participants will learn techniques that promote functional strength, stability, and increase flexibility which are necessary for carrying out daily activities independently and reduce the risk of falls.	https://stms.polite.edu.sg/student/ihlcourse/detail/tdafce7a-8db5-460e-83ee-6796e155d49f
87	Republic Polytechnic (RP)	Be a Sports Safety Champion	8	At the end of this course, the participants will share a common belief that every individual should have the opportunity to play sports in a safe environment and be free of injury. All accidents are preventable, Everyone has a role and responsibility, and Zero accident is our collective goal	https://stms.polite.edu.sg/student/ihlcourse/detail/e8a32207-0f94-444a-93c2-d3e40b6cb25c
88	Republic Polytechnic (RP)/ Nanyang Polytechnic (NYP)	Risk Management in Sport (accredited with BizSafe Level 2)	10	a) Better understand the Workplace Safety and Health Act, especially the Risk Management Regulations b) Understand the process and methodology of risk assessment; and c) Better address risks and reduce it to as low as practically possible.	https://stms.polite.edu.sg/student/ihlcourse/detail/8047a818-a5bf-4deb-a5cf-f490804ec5de
89	Republic Polytechnic (RP)/Sport Singapore	Fitness Instructor Course (FIC)	10	Through this course, you will also be equipped with the understanding of basic physiology and the effects of exercise on muscles. In addition, you will understand the basic principles of exercise which will enable you in planning suitable training programmes for your trainees.	www.rp.edu.sg/ace/short-course/Detail/fitness-instructor-course
90	Singapore Polytechnic (SP)	Specialist Diploma in Nutrition & Exercise Science	10	This diploma course aims to provide learners with an integrated education focusing on nutrition and exercise science so that students can acquire a holistic education in health and fitness.	https://www.sp.edu.sg/pace/courses/all-courses/course-details/specialist-diploma-in-nutrition-exercise-science
91	Institute of Technical Education (ITE)	Work-study Diploma in Fitness Management	10	The Work-Study Diploma in Fitness Management seeks to equip trainees with the skills and knowledge to conduct fitness assessments and provide personalised and group exercises for individuals, masses and organizations.	https://www.ite.edu.sg/courses/course-finder/course/work-study-diploma-in-fitness-management
92	International Management & Sport College	International Sports Diploma in Sports & Exercise Science (Sport Fitness) (Full-time/Part-time)	10	The USSA International Sports Diploma in Sports and Exercise Science is designed for Professionals and Practitioners who are already working in sports-related industries as well as those who plan to embark on a career in the industry. The program will provide learners with opportunities to further their studies in the sport-related areas of administration, coaching principles, personal training, nutrition, conditioning and psychology.	https://imsc.edu.sg/ussaisd-sports-exercise-science/
93	Kaplan	Foundational Diploma in Sports and Exercise Science	10	Students who successfully complete and pass the modules stipulated in the programme structure will be awarded the Foundation Diploma in Sport and Exercise Science from Kaplan Higher Education Academy, Singapore.	https://www.kaplan.com.sg/foundation-diploma/foundation-diploma-in-sport-and-exercise-science
94	Kaplan	Diploma in Sports and Exercise Science	10	Students who successfully complete and pass the modules stipulated in the programme structure will be awarded the Diploma in Sports and Exercise Science from Kaplan Higher Education Academy, Singapore.	https://www.kaplan.com.sg/diploma/diploma-in-sports-and-exercise-sports
95	Nanyang Polytechnic (NYP)	Sport & Wellness Management	10	Combine theory with hands-on experience, applied training, and internships. Learn to manage a sport and/or wellness business, and hit the ground running upon graduation.	https://www.nyp.edu.sg/student/study/schools/business-management/diploma-sport-wellness-management
96	PSB Academy	Diploma in Sport and Exercise Sciences (sport coaching)	10	The Diploma in Sport and Exercise Sciences (Sport Coaching) is targeted at sport science and coaching practitioners who are focused on skill development and high-performance sports. Students pursuing this sport coaching course can expect to be adequately and rigorously trained in functional anatomy, nutrition, psychology, sport coaching, and analysis of skills, among other modules.	https://www.psb-academy.edu.sg/psb-academy/diploma-in-sport-and-exercise-sciences-sport-coaching

97	PSB Academy	Diploma in Sport and Exercise Sciences	10	This sports diploma is designed to meet an increasing demand and need for sport, health, exercise and fitness. You will play a vital role in improving the health and fitness levels of health-conscious individuals, gym members, and corporate clients. You will also develop sport science knowledge and coaching skills to help in high performance sports.	https://www.psb-academy.edu.sg/psb-academy/diploma-in-sport-and-exercise-sciences
98	Institute of Technical Education (ITE)	Higher Nitec in Sport Management	10	Through the learning of the Sports Science, Fitness Testing & Design, Sports Nutrition and Sports Coaching modules, you will acquire competence to do research and develop training plans to optimise impact on the target audience. You will enhance your competitive advantage by developing skills required for designing and implementing creative programmes, taught in the Sports Events Management & Marketing and Community Activity & Recreation Programme Development modules.	https://www.ite.edu.sg/courses/course-finder/course/higher-nitec-in-sport-management
99	Nanyang Technological University (NTU)	Master of Science (Exercise and Sport Science)	10	The Master of Science (Exercise and Sport Studies) programme is designed for participants with an interest in physical education, sports, fitness, health and wellness.	https://www.ntu.edu.sg/education/graduate-programme/master-of-science-(exercise-and-sport-studies)
100	Nanyang Technological University (NTU)	Postgraduate Diploma in Education (Physical Education) (Primary) & Postgraduate Diploma in Education (Physical Education) (Secondary)	10	The Postgraduate Diploma in Education (Physical Education) programmes aim to prepare university graduates to become primary and secondary school Physical Education (PE) teachers. Student teachers in the PGDE PE (Primary) and PGDE PE (Secondary) tracks will be equipped with the knowledge and skills to teach Physical Education as a single-subject specialisation.	https://www.ntu.edu.sg/education/graduate-programme/postgraduate-diploma-in-education-(physical-education)
101	Nanyang Polytechnic (NYP)	Sport Management & Marketing	10	The Specialist Diploma in Sport Management and Marketing addresses the specialist manpower needs of Singapore's sport industry by: Training specialised practitioners in sport management and sport marketing to support the growth of sport businesses. Providing sport and marketing professionals with an avenue for continued professional development; and Preparing Singapore's workforce for the growing demands of a changing economy.	https://www.nyp.edu.sg/adult-learner/course-detail/NYP-BMSP18/specialist-diploma-in-sport-management-and-marketing
102	NTUC Freelancer	Profile Builder Workshop	7.5	Freelancers, unlock your full potential in this practical workshop designed to help you thrive in the digital economy. Learn how to boost your online discoverability, build credibility by championing fair contracting principles, and position yourself as a trusted expert. You'll gain the skills to craft a professional, web-ready profile, navigate online marketing and sales etiquette with confidence, and be featured on the NTUC Freelancers Directory—a powerful platform connecting you to over 3,000 organisations, from SMEs to government agencies. Interested parties can contact NICA directly at: nica@ntuc.org.sg	https://forms.office.com/r/CGdIFKynwV
103	NTUC Freelancer	Freelancing 101 Series: Your Guide to Effective Branding and Reputation	2	In the world of freelancing, building a strong and sustainable brand is essential for long-term success. This workshop will equip freelancers with the tools to master branding principles, implement proven strategies, and promote their work while safeguarding their professional reputation. Learn how to: • Master the three key pillars of effective brand building to stand out in your industry. • Implement actionable strategies to increase visibility and showcase your expertise. • Safeguard your reputation with practical tips for sustained success in freelancing.	Registration queries can be channelled to: ntucfreelancer@ntuc.org.sg
104	NTUC Freelancer	Freelancing 101 Series: Optimizing Your Business and Contracting	2	In the world of freelancing, optimizing your business setup and mastering contracting practices are key to achieving your goals. This workshop will empower freelancers with the knowledge to align their business model with their aspirations while fostering secure and productive client relationships. "Learn how to: • Identify the most suitable business setup tailored to your freelancing goals. • Implement essential contracting practices to protect your interests and establish clear expectations. • Optimize your business model to foster growth and ensure long-term success in client collaborations."	https://bit.ly/4m7Peak
105	NTUC Freelancer	Freelancing 101 Series: Understanding Copyright and Pricing	2	In the world of freelancing, protecting your intellectual property (IP) and setting the right price for your services are critical to your success. This workshop will empower freelancers to navigate the complexities of Copyright, ensuring your creations are safeguarded and your value is recognised. Learn how to: • Understand and manage copyrights essentials. • Avoid common pitfalls when sharing or licensing your work. • Strategically price your services to reflect your expertise and market value.	Registration queries can be channelled to: ntucfreelancer@ntuc.org.sg
106	NTUC Freelancer	Workshop on Fair Contracting Essentials for Freelance Coaches	2	This workshop is designed to empower freelance coaches with the knowledge and skills needed to navigate fair contracting practices confidently. Participants will explore the core elements of a fair contract, understand common pitfalls, and develop effective negotiation strategies. Participants will learn to safeguard their rights while aligning with the Tripartite Standard on Contracting with Self Employed Persons (TS-SEP)	Registration queries can be channelled to: ntucfreelancer@ntuc.org.sg

107	NTUC Freelancer	Webinar: Freelancers Engagement on Fair Contracting	1	This webinar is designed to equip freelancers and self-employed persons with essential knowledge on fair contracting practices and how to protect their professional interests. Participants will gain insights into the Tripartite Standard on Contracting with Self-Employed Persons (TS-SEP)—a framework developed to promote fairer, more transparent engagements between freelancers and service buyers. The session will explore: • What the TS-SEP means for freelancers and how it applies to real-world engagements • How the standard helps ensure fair terms, timely payments, and clearer contractual agreements • Practical tips for identifying fair contracts and safeguarding your rights in freelance arrangements.	Registration queries can be channeled to: ntucfreelancer@ntuc.org.sg
108	NTUC Freelancer	Webinar: IRAS Tax Filing Webinar for Coaches and Freelance Creatives	0.5	NTUC Freelancer, in collaboration with IRAS, presents an insightful webinar designed for self-employed coaches and freelance creatives. Our guest speaker from IRAS will guide through the essentials of income tax filing. Don't miss this opportunity to gain practical knowledge that will help you navigate your tax obligations and ensure a smooth tax filing experience this year! What you'll learn: • Understanding tax obligations as a self-employed individual • How to file your income accurately • Types of allowable expenses relevant to your work • Proper record-keeping practices for tax purposes The session will conclude with a Q&A session.	Registration queries can be channeled to: ntucfreelancer@ntuc.org.sg
109	NTUC Freelancer	Webinar on Parental Leave Enhancements for Self-Employed Persons	0.5	Join us for the Parental Leave Enhancements for Self-Employed Persons webinar and find out how recent policy updates can benefit you. Learn about the enhanced parental leave measures specifically designed for self-employed individuals, and how to make the most of them. Got questions? Our informative Q&A segment will help clarify your doubts and ensure you're equipped with the right knowledge.	Registration queries can be channeled to: ntucfreelancer@ntuc.org.sg
110	NTUC Freelancer	Financial Planning For The Self-Employed	3	Take control of your finances with Financial Planning for the Self-Employed—a practical workshop designed to help freelancers and gig workers build long-term financial security. Learn how to assess your financial fitness, create a realistic and effective budget, manage rising healthcare costs, and plan confidently for retirement. Whether you're just starting out or looking to strengthen your financial foundation, this session equips you with the essential tools to thrive as a self-employed professional.	Registration queries can be channeled to: ntucfreelancer@ntuc.org.sg
111	NTUC Freelancer	Workshop on Micro-Business & Tax Essentials for Freelancers	1.5	Are you a freelancer looking to take charge of your finances and grow your independent business? This workshop is tailored to provide you with the essential knowledge needed to manage your income, navigate tax responsibilities, and build a sustainable micro-business. • Understanding your tax obligations as a freelancer or self-employed professional • Best practices for record-keeping and expense tracking • Key financial strategies to manage cash flow and plan for growth	Registration queries can be channeled to: ntucfreelancer@ntuc.org.sg
112	NTUC Freelancer	Income tax filing workshop for Freelancers	1.5	This workshop focuses on building practical financial skills to help freelancers manage taxes with confidence. Participants will learn step-by-step methods to simplify the filing process, discover how to identify and apply key deductions and credits, and practice techniques for keeping accurate financial records. By the end of the session, participants will walk away with clear strategies and tools that will make handling financial responsibilities more efficient and effective. What you will learn: - Simplify your tax filing process - Deduce key deductions and credits - Keep accurate financial records - Take control of financial responsibilities	Registration queries can be channeled to: ntucfreelancer@ntuc.org.sg
113	Several training providers	Develop a Risk Management Implementation Plan (accredited with BizSafe Level 2)	10	On completion of this unit, learners will acquire the knowledge and skills to be a RM Team Leader/Risk Management Champion for the organisation in reducing risks at source by managing the risk management process at workplace. It involves developing a practical risk management implementation plan for the organisation which identify specific actions to be taken, by whom and time for their completion. It also entails formation of risk management team, risk assessment, controlling and monitoring the risks, communicating these risks to all persons involved and in compliance with the Risk Management Code of Practice (RMCP).	https://skillsfuture.gobusiness.gov.sg/course-directory/search?search_query=Develop+a+Risk+Management+Implementation+Plan+&page_size=10&page=0&sort_by=relevance