

NATIONAL REGISTRY OF EXERCISE PROFESSIONALS

FREQUENTLY ASKED QUESTIONS

GENERAL INFORMATION ABOUT NREP

1. What is the National Registry of Exercise Professionals (NREP)?

The fitness industry plays an important role in the national strategy towards encouraging our people to lead a healthier and more active lifestyle. Therefore, it is in our interest to support the development of this industry so that instructors have the requisite skills to play this role.

The National Registry for Exercise Professionals seeks to:

- Raise standards across the sector, by putting in place an accreditation framework that promotes safety and professionalism of the sector.
- Better support exercise professionals, through continuous learning and professional development resources, networking opportunities, and other benefits like a free membership with [National Instructors and Coaches Association](#) (NICA)/National Trades Union Congress (NTUC). This free NICA/NTUC membership provides exercise professionals with mediation support for workplace disputes, training funding to defray essential course fees and business networking opportunities.

2. How does the NREP improve the fitness sector?

With the implementation of the NREP:

- There will be clear safety standards and capability requirements to help the fitness sector raise its professional standards;
- Exercise professionals will be certified and provided with free NICA/NTUC membership in the first year. As NICA/NTUC members, exercise professionals will enjoy benefits that include mediation support for workplace disputes, training funding to defray essential course fees and business networking & resources; and
- Members of public will have access to the Registry so that they can make more informed decisions and have greater assurance when engaging accredited exercise professionals.

3. Who should sign-up for the NREP?

All exercise professionals such as group fitness instructors and personal trainers. Refer to our website for a list of disciplines and class types that are classified under NREP. Please note this list is non exhaustive. For queries, please email nrep@sport.gov.sg.

4. The fitness industry has been around for some years. Why the decision to start NREP now?

Singapore is home to a diverse range of exercise professionals, who conduct fitness activities such as Zumba, Yoga, Piloxing, Pilates, Personal Training, Strength and Conditioning, etc. The NREP was started to consolidate these professionals into a single unified registry. Apart from gathering them on the registry, it will also provide us with a better indication of the support needed for these professionals.

5. What is the difference between the National Registry of Coaches (NROC) and NREP?

NROC encompasses sport coaches (swimming, taekwondo, or any sport under a National Sport Association), while the NREP will encompass instructors who conduct fitness classes such as Zumba, Yoga, Piloxing, Pilates, Personal Training, Strength and Conditioning, etc.

Refer to our website for a list of disciplines and class types that are classified under NREP. Please note this list is non exhaustive. For queries, please email nrep@sport.gov.sg. For queries on NROC, please email sport_coaching@sport.gov.sg.

6. I am an existing member of NROC, can I also sign up for the NREP?

To register to the National Registry of Exercise Professionals (NREP), exercise professionals require the following:

- Basic Exercise Science (BES) or equivalent certifications (required from 1 June 2026 onwards)
- Safe Sport certification
- Relevant fitness/exercise certification(s)
- Valid Standard First Aid (with CPR + AED) certification

7. If I am an NROC registered coach, do I need to register in NREP?

It is not mandatory for NROC registered coaches to register on the NREP. You should only register to the NREP if you conduct exercise and fitness coaching as well (e.g. you are both a certified swimming coach & yoga instructor).

8. Is it mandatory for exercise professionals to be registered under NREP?

Whilst it is not compulsory for exercise professionals to register, all exercise professionals are strongly encouraged to be registered with NREP.

Starting from 1 April 2024, Government agencies who hire a sizable number of exercise professionals will only hire exercise professionals who are registered under NREP. This will ensure a certain level and consistency of qualifications amongst all exercise professionals who conduct programmes that are run by government agencies for members of the public.

9. What are the various phases of the NREP?

Requirements	Phasing of the NREP		
	Phase 1 (April 2023)	Phase 2 (April 2024)	Phase 3 (June 2026 onwards)
	- Relevant fitness/exercise accreditation - Standard First Aid with AED & CPR certification	- Relevant fitness/exercise accreditation - Standard First Aid with AED & CPR certification Safe Sport certification	- Relevant fitness/exercise accreditation - Standard First Aid with AED & CPR certification - Safe Sport certification Basic Exercise Science or equivalent certifications (June 2026) Continuous education framework

Basic Exercise Science of Equivalent Certifications

10. What is the purpose of the Basic Exercise Science (BES) or equivalent certifications requirement?

This requirement is introduced to further professionalise and strengthen capabilities within Singapore's fitness industry. It ensures that all NREP-registered exercise professionals have a strong foundation in exercise science, supporting higher standards of professionalism, safety, and effectiveness in the delivery of fitness services.

11. Where can I obtain my Basic Exercise Science (BES) certification?

The BES certification is offered by Republic Polytechnic. To learn more about what the BES entails, please visit: <https://www.rp.edu.sg/ace/short-course/Detail/basic-exercise-science>

Note that NICA/NTUC members can tap on the Union Training Assistance Programme (UTAP) to defray 50% unfunded course fee for the BES. For queries on NICA/NTUC, please email nica@ntuc.org.sg.

12. What are the equivalent certifications to BES that SportSG recognises?

SportSG recognises BES is not the only exercise science certification that imparts crucial exercise science knowledge available in the market.

Please refer to go.gov.sg/nrep-besequivalentlist.pdf for the prevailing listing of equivalent certifications.

13. My certification is not on the list of recognised equivalent courses, what can I do?

Interested parties who wish to have their certification included in the list may submit their certification details for assessment. Please download (go.gov.sg/nrep-besform) and complete the BES or Equivalent Assessment Form and submit it along with all required supporting documents to nrep@sport.gov.sg.

14. I am a certification provider seeking to have my certification recognised as equivalent to BES. What steps should I take?

Interested parties who wish to have their certification included in the list may submit their certification details for assessment. Please download (go.gov.sg/nrep-besform) and complete the BES or Equivalent Assessment Form and submit it along with all required supporting documents to nrep@sport.gov.sg.

15. One of the certs I use as a relevant fitness cert is also recognised as a BES equivalent certification. Must I re-upload it?

Yes, the cert has to be re-uploaded.

16. Why is SportSG introducing Continuous Education (CE) requirements?

The NREP Continuous Education (CE) programme aims to foster a culture of lifelong learning within the fitness industry. As exercise and fitness science evolves and new best practices emerge, it is essential for exercise professionals to continuously upgrade their knowledge and skills to deliver higher standards of coaching and contribute to a healthier, more active Singapore.

Continuous Education Requirements

17. What are the CE requirements?

CE hours are comprised of the following:

- Education hours (at least 30 hours)
- Practice hours (can substitute up to 15 Education hours)
- Self-Guided hours (can substitute up to 3 Education hours)

If your initial NREP registration falls between 1 April 2023 and 31 May 2025, SportSG will extend your membership expiry to 31 May 2028. Hence, you must complete at least 30 approved CE hours in your SportSync profile by this date to be eligible for membership renewal.

NREP registration date	CE requirements
1 April 2023 - 31 May 2025	SportSG will extend your membership expiry to 31 May 2028*. You must complete at least 30 approved CE hours in your SportSync profile by this date to be eligible for membership renewal.
1 June 2025	Must complete 30 CE hours by end of 3-year membership period to remain eligible for renewal.

**For applicable exercise professionals, the extension of your NREP membership will be reflected in your SportSync profile automatically by end June 2025.*

18. My registration date is between 1 April 2023 – 31 May 2025 and I'm applicable for an extension to my membership expiry date. Are there any actions I must carry out to facilitate this?

No, the extension of your NREP membership will be reflected automatically in your SportSync profile by end June 2025.

19. What are CE hours, and how are they awarded to NREP-registered exercise professionals?

A CE hour is a unit of credit that recognises NREP-registered exercise professionals' participation in fitness and exercise related learning and practicing activities. Learning undertaken by NREP-registered exercise professionals should be relevant or appropriate to their context and scope of practice, with the aim of maintaining, improving, deepening, and broadening their knowledge, skills, and competence.

Please note that Standard First Aid (including refresher courses) and Safe Sport courses will not be awarded CCE hours as these are considered standard requirement for NREP-registered exercise professionals.

20. What are the different types of CE hours?

There are 3 different types of CE hours that you can earn:

Education hours

Education hours are earned through structured learning activities that deepen knowledge and expertise by attending accredited workshops, seminars, in-person or online courses, or webinars. These learning activities must be aligned with your professional practice and enhance your competencies contributing to the advancement of your skills and knowledge as an exercise professional.

NREP-registered exercise professionals can complete approved online courses to earn education CE hours. Please refer to <https://www.activesgcircle.gov.sg/nrep/exercise-professionals> for a list of approved online courses. Not that the list is non-exhaustive.

Apart from approved online CE courses, NREP-registered exercise professionals may also accrue Education CE hours through a variety of in-person courses, structured events, including but not limited to conferences, seminars, lectures, workshops, and in-house trainings.

For unlisted courses, email nrep@sport.gov.sg with the course outline and a brief write-up on its relevance to your practice. NREP-registered exercise professionals are encouraged to write to Sport Singapore (SportSG) prior to registering for these structured events such that SportSG can assess relevance and if CE hours can be accorded. SportSG reserves the right to review and decline any course or activity for CE hours at its discretion.

Practice hours

Practice hours are earned through the time spent by NREP-registered exercise professionals teaching or conducting fitness sessions. This includes leading group exercise classes or personal training sessions. These hours recognise the value of hands-on experience in refining instructional skills and applying knowledge in real-world settings. Verification of practice hours is required, which can include pictures, videos, timesheets, and testimonials from participants.

NREP-registered exercise professionals may choose to substitute up to 15 Education hours with Practice hours.

Self-Guided hours

Self-Guided hours are earned by analysing and documenting your professional experiences, such as reviewing your performance during client sessions and identifying areas for growth and setting goals for improvement. Additionally, self-learning through activities like reading industry journals, watching fitness/exercise related videos or attending webinars, also counts toward Self-Guided hours.

Recognition of self-guided CE hours encourages NREP-registered exercise professionals to become self-directed learners, especially given the unique learning needs associated with their specialisation and the populations they serve.

NREP-registered exercise professionals may choose to substitute up to 3 Education hours with Self-Guided hours.

21. How are CE hours allocated for different types of activities?

Please refer to the following table for a full breakdown of the number of CE hours you can accrue from each activity type:

Category	Event	Criteria	CE hours/cap
Education hours	<u>Events</u> (not less than 1 hour) - Conferences - Seminars - Lectures	<u>Attendee</u> ≤ 2 hours ½ day 1 day 1 ½ day 2 days More than 2 days <u>Presenter</u>	<u>Up to</u> 1 2.5 5 7.5 10 10 (capped at 10) 2 per session
	<u>In-person courses</u> (not less than 1 hour) - Workshops - In-house training	<u>Attendee</u> ≥1 – 10 hours <u>Presenter/instructor</u> ≥1 – 10 hours	<u>Up to</u> 1-for-1 basis, capped at 10 CE hours 1-for-1 basis, capped at 10 CE hours
	<u>Publication(s)</u> - Indexed journal - Book/textbook - Online publication(s) - Practice guidelines	<u>Role</u> Author Co-author Editor Co-editor Author Co-author Chair Member	<u>Up to</u> 5 per article 2 per article 5 2 2 1 5 2
Practice hours	<u>Classes</u> - Instructing classes	Instructor	1-for-1 hourly basis
	- Co-instructing classes	Lead or assistant instructor	1-for-1 hourly basis
Self-guided hours	<u>Self-directed learning with verifiable assessment</u> (Online or in-person learning)	Approved submission(s)	1 per submission

Category	Event	Criteria	CE hours/cap
	<u>Self-directed reading</u> (Review of articles, books, fitness related journals and publications)	Approved submission(s)	1 per submission
	<u>Self-directed journaling</u> (Journaling, reflections)	Approved submission(s)	1 per submission
	<u>Reflection on fitness/exercise class/course conducted</u>	Approved submission(s)	1 per submission

22. What is the maximum number of CE hours I can accrue from one activity?

CE hours are capped at 10 hours per activity, in line with NROC's cap. This encourages NREP-registered exercise professionals to engage in a diverse range of learning and development opportunities to enhance their skills and knowledge.

23. How do I submit my CE hours in SportSync?

NREP-registered exercise professionals can update CE hours into their SportSync account from December 2025 onwards. Exercise professional are encouraged to catalogue their certificates of completion (or equivalent document) and course curriculum offline first for submission in December 2025.

24. I am organising an event and would like to award CE hours to exercise professionals who attend. What steps should I take?

Organisers are encouraged to email nrep@sport.gov.sg with details of the event in advance. SportSG will then assess for relevance and accord CE hours accordingly. Please note that event organisers must also issue **certificates of attendance** to participants, as these are required by NREP to validate CE hours.

25. How can I access my free NICA/NTUC membership after I register for the NREP?

Upon confirmation of your NREP membership, you will receive an email. It will include information on the membership sign up for NICA/NTUC. For queries on NICA/NTUC, please email nica@ntuc.org.sg.

26. How will my NREP profile be seen?

Members of public will be able to identify & verify NREP registered exercise professionals via the 'Find a Coach' portal, NREP members can choose what information to share publicly.

By default once your membership is activated, your profile would be automatically published on the ActiveSG "Find a Coach" webpage via this URL:

<https://www.sportsync.gov.sg/s/find-professional>

For members who do not wish to display their membership profile, please make sure you do this: From “My Profile”, under Personal Particulars, uncheck “Make profile visible on online public database”. If you choose not to make your profile public, members of public may not be able to verify your NREP membership via the “Find a Coach” webpage.

SportSG treats all personal data in accordance with the Personal Data Protection Act 2012 and our data protection policy. Please visit our website at <https://www.sportsingapore.gov.sg/privacy-statement> for further details on our data protection policy, including how you may access and correct your personal data or withdraw consent to the collection, use or disclosure of your personal data.

27. Can I submit my application in person?

All applications must be submitted online via [SportSync](#). More information on how to register will be found on our NREP microsite.

If you experience any technical issues during the application process, you can email nrep@sport.gov.sg. Please describe the issue in detail & attach screenshots of the error message in your email.

28. What is the difference between NTUC and NICA membership?

Employment Type	Existing Membership Status
Freelancer or Self-Employed Person (SEP)	NTUC membership; serviced by NICA
Full-time Employee	NTUC membership; serviced by NTUC and relevant union

If you are a freelance or self-employed coach/ instructor in sports, arts, exercise, and enrichment, you can sign up as a NICA member. Nonetheless, NICA members are also NTUC members and would enjoy NICA and NTUC benefits. NREP members can activate a 1-year complimentary NICA membership between 1 April 2023 and 31 March 2025, both dates inclusive. NICA will service your membership.

If you are a full-time salaried employee and an NREP member, you can activate a 1-year complimentary NTUC membership between 1 April 2023 and 31 March 2025, both dates inclusive. NTUC Membership department and the relevant union will service your membership.

Under both scenarios, you can refer to your NREP membership confirmation email on how to activate your 1-year free NICA or NTUC membership. The last day to activate your complimentary NICA or NTUC membership is 31 March 2025.

More information can be found on their website (<https://go.gov.sg/nrep-nica>).

29. I have further queries about the NREP, who can I reach out to?

Please email nrep@sport.gov.sg

CERTIFICATION

30. What constitutes a relevant fitness/exercise certificate?

A relevant fitness/exercise certificate is any non-expired certificate that certifies your ability to teach your chosen fitness discipline. For example, Zumba instructors should possess a valid Zumba instructor's certificate; personal trainers should possess a valid personal trainer's certification, etc.

31. The mandatory certifications will add on to the cost burden of the exercise professionals. In view of the high cost of living currently, how would the govt help reduce the costs of certification for the exercise professionals?

The pre-requisite for certifications is to ensure that exercise professionals have the relevant skills and knowledge to conduct classes in a safe manner safe for members of the public.

SportSG is collaborating with National Instructors and Coaches Association (NICA) to provide exercise professionals who register under NREP with complimentary NICA/NTUC membership.

As NICA/NTUC members, exercise professionals can enjoy benefits that include mediation support for workplace disputes, training funding to defray essential course fees including subsidised Standard First Aid certification, and business networking & resources.

32. Where can I obtain the Safe Sport certification?

Safe Sport certification can be obtained via the SportSG-ED platform. Present and prospective NREP members can create a SportSG-ED account using this [self-registration page](#).

Points to note for the self-registration page:

- Ensure you fill in your full name as per NRIC/FIN. Your full name will appear on your Safe Sport certificate and is required for verification purposes.
- Your SportSG-ED account will only be active for one month upon creation. Do ensure you complete the module within this stipulated time and ensure that your certificate is downloaded and stored in an easy to retrieve location.
- Any request for a replacement certificate will be subject to a \$10.80 (including GST) administrative fee.

Once an account has been created, use [this link](#) to log back directly onto the SportSG-ED platform.

- **Username:** the email address indicated in the self-registration page.
- **Password:** password is the same password used in the self-registration page.

33. I'm facing issues with the SportSG-ED self-registration page, who can I contact for assistance?

For any technical assistance, please kindly contact support@talentx.com. If possible, attach a screenshot of the issue. All other queries can be channelled to nrep@sport.gov.sg.

34. I have obtained Safe Sport certification as part of my NROC membership, must I re-take?

No, the learning outcomes & content of both the Safe Sport certifications for NREP & NROC are similar, you will not be required to re-take it.

35. My fitness/exercise certification (ACE, ACSM, Zumba, etc.) has expired, can I still register for the NREP?

You would need to have a valid and non-expired fitness/exercise certification to register for the NREP. Your certification would also have to be valid and non-expired throughout the NREP membership period. If it expires, please update with a non-expired copy on SportSync.

36. What is the Standard First Aid (CPR + AED) Course?

The Standard First Aid (SFA) Course equips exercise professionals with essential knowledge and skills to deal with a wide range of potential medical emergencies. SFA certification has a validity period of 2-years and must be renewed to remain eligible for NREP membership.

The NREP will only accept certification from Singapore Resuscitation and First Aid Council (SFRAC) accredited training centres. You can view the list of accredited training centres at [SFRAC's website](#).

37. How do I update an expiring or expired certificate in SportSync?

To update a certification that is expiring or has expired within your NREP membership, please follow the steps below:

- a) Log in to your SportSync account and navigate to the My Profile tab.

- b) In the left-hand side panel, select your existing NREP membership (e.g., Aqua Fitness). If you hold multiple memberships, select the one associated with the certification that is expiring or has expired.
- c) If your certification is within 90 days of its expiry date, the system will display an option to Update Certification.
- d) Follow the on-screen instructions to complete the certification update process.

Please ensure all uploaded documentation meets the required standards for review and approval.

38. On SportSync it states that my uploaded certificate is “Unverified”, what does this mean?

Uploaded certificates will be subject to verification by the NREP team to ensure the accuracy of the information provided.

The NREP team will validate certificates as promptly as possible. Please note that during periods of high submission volume, processing may take a longer time. We seek your understanding and patience.

MEMBERSHIP

39. Must I renew my NREP membership annually?

Full membership to the NREP is for a period of three years. During this period no renewal of NREP membership will be required. To maintain your NREP membership, you will be required to meet the baseline requirements of each phase and ensure your certifications are not expired. At this moment, there is also no intention to charge registration fee.

40. Does the NREP have provisional & full membership like the NROC?

The NREP had both types of membership during Phase 1. In Phase 2 (w.e.f. 1 April 2024), the NREP has discontinued the provisional membership scheme. All NREP-registered exercise professionals are now required to be full members.

41. When do I need to start accruing Continuous Education (CE) hours for my next membership renewal?

If your initial NREP registration falls between 1 April 2023 and 31 May 2025, SportSG will extend your membership expiry to 31 May 2028. Hence, you must complete at least 30 approved CE hours in your SportSync profile by this date to be eligible for membership renewal.

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**For applicable exercise professionals, the extension of your NREP membership will be reflected in your SportSync profile automatically by end June 2025.*

42. How will I know my NREP application is successful?

Applicants will be notified of the results of application via email. Please note that due to a high volume of applications, it may take up to 3-4 weeks for your application to be processed.

ACCOUNT

43. How can I log into SportSync?

To login to SportSync, you require an ActiveSG membership account. SportSync can be accessed via this URL: <https://www.sportsync.gov.sg/s/>

More information on how to register can be found on our [registration guide](#).

44. How can I register for an NREP account?

Registration for NREP membership can be done in SportSync using SingPass. Once logged in, please navigate to “NREP Membership” where an online application can be submitted.

More information on how to register can be found on our [registration guide](#).

45. I’ve encountered login issues while using SportSync. What can I do?

Please approach the respective helpdesk for login issues:

Area of enquiry	Helpdesk details
SportSync technically issues	sport_sportsync@sport.gov.sg
General enquiries	nrep@sport.gov.sg

46. I have an existing NREP membership but would like to update my profile picture, how can I do so?

To update your profile photo during the NREP membership application process, please follow the steps below:

- a) Navigate to the Membership page on the platform.
- b) Select the New Membership button.
- c) Choose an NREP membership type for which you are not currently enrolled.
- d) Continue through the application steps until you reach the Update Photo section.
- e) Upload a new profile photo that meets the image requirements.
- f) Click Save and Proceed to continue. Once completed, you may exit the application.

Your request to update your profile photo will be routed to the system administrator for review. The photo will be approved if it complies with the established guidelines.

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