

**Master of Science (Exercise and Sport Studies)**

Course Code	Course Title	Course Synopses	AU
MES900	Research Methods in Exercise and Sport Studies	<p>This course will equip students with an overview of research methods relevant for exercise and sport studies. Topics covered include: approaches/perspectives in research methodologies, critical thinking, communication of research, ethics in research, quantitative methods, qualitative approaches, and advances in research methodologies.</p> <p>Primarily, students will learn about the implications of research methods through multiple mini-research projects. A mix of face-to-face interactions, online learning and group work is implemented in this module.</p> <p>By the end of the module, the student will be able to:                      Articulate what research methods is about comprehensively.                      Demonstrate critical thinking necessary for producing and consuming research.                      Produce prototypes of qualitative and quantitative research.                      Make an ethics application (IRB)                      Demonstrate grasp of contemporary issues in research methods.</p>	4
MES901	Integrative Project	<p>This course will equip students with an advanced level understanding on research methods and critical inquiry. Topics covered include: science &amp; knowledge, scientific research an inquiry, scientific writing, and scientific presentation.</p> <p>Students will carry out a small research project, integrating skills and knowledge gathered over the MSc ESS programme. The deliverables are a research paper and a presentation.</p>	2
MES902	Adapted Physical Activity & Sports	<p>Individuals with special needs, like everyone else, need to be involved in regular physical and sporting activities. They can, and should, be equipped with the necessary skills and knowledge to participate in modified and/or regular games and sporting events. This course introduces students to the area of adapted physical activity/education and to the diverse disability conditions affecting individuals. There will be opportunities for hands-on practical sessions to explore different adaptations (equipment, rules, and instructions) and types of adapted physical activities &amp; sports that can cater to the needs of individuals with special needs.</p>	4

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MES903	Applied Sport Psychology - Interventions and Evaluation	<p>This course is designed to equip students with the knowledge and competency in developing sport psychological skills training programmes for performance enhancement of athletes. First, a theoretical basis for each psychological skill will be examined, followed by practical training in planning and implementing each psychological skill. Hands-on sessions will allow students to experience various type of psychological skills. Class discussions and literature reviews will further reinforce students' competency in sport psychological interventions and explore possible approaches in implementing them in a sport setting. In addition, students will learn and conduct evaluation on the sport psychological skills training programme implemented.</p> <p>In this course, students will have opportunities to learn about the different measurement tools used in profiling athletes' mental states, as well as ethical considerations and data interpretation as a part of research experience. A mix of face-to-face lectures and tutorials, online forums and group work is integrated in this course. Students will be holistically guided to translate theory into practice in this course.</p>	4
MES904	Biomechanics of Sport and Exercise	<p>This course will equip students with an advanced level understanding of biomechanics. Topics covered include: kinematics, kinetics, biomechanical instrumentation, data acquisition, data processing and interpretation, and research approaches in biomechanics.</p> <p>Students will perform laboratory work using state-of-the-art equipment, alongside lectures and tutorials. Students will also get an opportunity on a practical problem as part of the research experience. A mix of face-to-face interactions, online learning and group work is implemented in this module. It is intended that students be guided to holistically integrate the knowledge presented throughout the module.</p>	4
MES905	Effective Coaching: From Theory to Practice	<p>The course will equip students with knowledge underpinning the complexity of coaching at the developmental and elite levels. Topics on theoretical concepts, empirical findings and applications in the development of athletes at the developmental and elite levels will be covered. A mix of face-to-face interactions, online learning and group work will be implemented in this course. Students are also required to attach themselves to a developmental or elite team in a sport of their choice to learn and bridge the theory-practice link.</p>	4

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MES906	Exercise Physiology	<p>This course explores how the human body responds to acute and chronic physiological demands of sports and exercise.</p> <p>The module will cover energy systems, cardiovascular and respiratory regulation, skeletal muscle physiology and aspects of environmental effects on sports and exercise performance. An integrative approach is adopted to link between basic theories and applied concepts in real life situations. A key focus will be on how research and the underlying exercise physiology principles are relevant to the practitioner. Common assessment techniques with practical applications in sports and exercise physiology will be discussed.</p> <p>Students will perform laboratory work using state-of-the-art equipment, alongside lectures and tutorials. A mix of face-to-face interactions, online learning and group work is implemented in this module. It is intended that students be guided to holistically integrate the knowledge presented throughout the module.</p>	4
MES907	Managing Sport Organisations in Singapore	<p>This module examines fundamental organisational theories in sport organisations. The topics include organisational structure and design, problem solving/decision making, power/conflict and organisational culture. At the end of the module, graduate students will develop a broad understanding of management issues in sport organisations.</p> <p>Graduate students will be involved in assignments that provide an opportunity to examine the latest research in organisational behaviour. In addition, they will be given projects that are both practical and applied including case studies.</p>	4
MES908	Mentoring for Physical Educators and Sports Practitioners	<p>This course seeks to provide the foundation for experienced physical education practitioners and sports coaches to serve as mentors. It is designed to support both practicing educators and coaches who are currently working as mentors/coaches and those who hope to take on the role in the future. Grounded in research and practice, the course emphasizes data-based, collaborative inquiry and conversation techniques, importance of reflections, actionable feedback and planning to promote a mentor's instructional practice and ability to use assessment to drive teaching and coaching. Course participants will also be familiarised with the relevant teaching and coaching standards, appropriate curriculum content, influence of curriculum models and frameworks, and impact of technology and systematic observation tools to facilitate their mentoring practices.</p>	4

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MES909	Motor Behaviour	<p>This course will equip students with an advanced level understanding of motor behaviour. Topics covered include: Theoretical paradigms in motor behaviour, Motor control mechanisms and explanations, Dynamics and process of skills acquisition, Critical milestones and issues in motor development</p> <p>Applications in PE and sport settings, and research approaches in motor behaviour. Students will get an opportunity to work on a practical problem as part of the research experience. A mix of face-to-face interactions, online learning and group work is implemented in this module. It is intended that students be guided to holistically integrate the knowledge presented throughout the module.</p>	4
MES910	Physical Activity, Nutrition & Health	<p>This course will equip students with an understanding of the role of physical activity and nutrition in preventing chronic non-communicable lifestyle diseases. Issues related to measurement are covered before examining the evidence that physical activity and good nutrition can be used to prevent and treat a range of chronic lifestyle diseases. Physical activity prescription and nutritional recommendations for the prevention of each disease will be examined. The course will use a range of methods to explore the evidence including lectures, laboratory work, tutorials, online learning, group work and presentations.</p>	4
MES911	Psychology of Physical Activity	<p>This course will equip students with an advanced level understanding of psychological knowledge about physical activity for health. Topics covered include: physical activity correlates and theories, physical activity behavioural change, benefits of physical activity to health, measurements of physical activity, data acquisition, data processing and interpretation, and research approaches in physical activity psychology.</p> <p>Students will have opportunities to work on physical activity measurements and data interpretation as a part of research experience, alongside lectures and tutorials. A mix of face-to-face interactions, online learning and group work is implemented in this course. It is intended that students be guided to holistically integrate the knowledge presented throughout the course.</p>	4

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MES912	Sports Injuries - Understanding, Prevention and Management	<p>This course is intended to provide the participants with the fundamental knowledge and understanding of sports injuries. The content will also include the types, risk factors, mechanisms, preventive strategies and management approaches to commonly encountered sports injuries. To complete the loop, the course will also include general principles of rehabilitation and decision making criteria for return to sport. Apart from the theoretical aspects, the course will also include practical workshops like sports taping, kinesiotaping and sports massage. This course will also provide the students with the opportunity to understand the use of emerging technologies like Tensiomyography, NIRS and ultrasound imaging in injury prevention and management. Finally, approaches and strategies for injury prevention, epidemiological research and data analysis will be covered.</p> <p>The content delivery strategies will include face-to-face interactions, group-based work, team-based learning, use of 3D apps and softwares, and hands-on skill-based workshops to facilitate learning. The course will focus of applied learning through experiencing real-time injury cases to stimulate the theory-practice bridging of the knowledge acquired.</p>	4
MES913	The Culture of Sport	<p>This course will provide students with their deeper understanding of sport and culture in the social world. Topics covered include: sociological imagination, critical thinking skills, relationship between individual and society, sport and culture within social system, structure and institution and contemporary issues on sport in the society.</p> <p>Primarily, students will learn about sport and culture as social phenomena by exploring concepts, theories and body of knowledge in the area of sociology of sport. A mix of face-to-face interactions, online learning and group work is implemented in this module.</p> <p>By the end of the course, the student will be able to:</p> <ul style="list-style-type: none"> <li>Elaborate how culture is linked to the ways that sport is practiced, consumed, and managed</li> <li>Discuss the salience of culture to sport</li> <li>Utilize research methods to study and compare cultures</li> <li>Recognize the fundamentals in the discussion of cultural aspects of sport</li> <li>Identify the emergent issues of culture and sport</li> </ul>	4

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MES914	Trends & Issues in Physical Education & Sport	This is an advanced subject where readings and discussions of current problems in physical education and sport are expected of the students. The focus will be on critically analyzing issues and trends in the field of physical education and sport, with an emphasis on understanding the impact of the field to education and society. Implications for the future are also explored. Students will get an opportunity to undertake a mini-action research on a related topic in PE and sport and share their findings with the class. A mix of face-to-face interactions, online learning and reflections, and group work is used in this module. It is intended that students be guided to holistically integrate the knowledge presented throughout the module.	4
MES915	Sport, Leisure and Recreation Management	This course provides graduate students with exposure to reading, interpreting, critiquing, and presenting data from relevant studies in the field of sport, leisure and recreation management. Specifically, students will take opportunities to explore the evolution and development of management theories through a series of extensive reviews of literature with particular emphasis on the different contexts of sport, leisure and recreation management. In addition, this course explores the concepts of sport, leisure and recreation in historical and social perspectives and introduces students to issues surrounding the broader role that recreation plays in contributing to wellness in contemporary communities. Through this class, students can also identify and discuss major sport- and leisure-related problems and issues facing individuals and society. Finally, students will build extensive knowledge of the role of sport and leisure and their impacts on an individual's quality of life and community well-being. In addition, they can apply their learning in real-life situations.	4
MES916	Strategic Management for Sport	<p>This course aims to provide students with an insight into strategic management and planning, the concepts, the frameworks and the techniques. It is essential for students to understand strategy because in the contemporary competitive sport environment, direction and funding are directly related to a strategic plan. This course will also enable students to be more capable of mastering other courses most notably sport facility management and sport event management where they will be projected to be involved in the application of strategic components (e.g., long-term event planning, legacy leveraging including facility sustainability, and event portfolio management).</p> <p>The assessment will focus on real life strategic plans giving authenticity and application to sports organisations. Students will benefit from delivering a group/pair presentation to develop key skills for future, combined with an internal and external audit of the chosen sport organisation (i.e., an individual essay using the same strategic document underpinning the group/pair presentation).</p>	4