SPORT COACHING IN SEPAKTAKRAW
PROFESSIONAL COURSES

SSTC Institute
180 Kitchener Road, #03-20 City Square Mall
Singapore 208539

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ABOUT SSTC INSTITUTE

VISION
To be a leading institute recognised for quality education.

MISSION
Empowering YOU to Succeed:
• through continuous improvement
• in providing quality education for meaningful careers
• in rendering pastoral guidance for holistic development
• in offering service excellence
• in ensuring financial sustainability and reputation
• in establishing and maintaining reputable partnerships

CORE VALUES
Sincerity
Professionalism
Integrity
Respect
Innovativeness
Trustworthiness

SSTC Institute, Singapore, is a respected and reputable Private Education Institution (PEI) that was established in 1978. The Institute strives to be recognised for offering various relevant skill upgrading and skill mastery courses taught by highly qualified trainers and practitioners.

At SSTC Institute’s School of Professional Studies, our mission focuses on the trainee and his or her aspirations. We offer quality courses to empower our learners to achieve their goals and dreams. No matter what aspirations they have in mind, we want to play a significant role in helping them attain their ambitions.

The Sport Coaching (Sepaktakraw) Professional Courses equip Coaches with the essential skills, knowledge and competencies in becoming an effective coach within the context of the game of Sepaktakraw. Delivered by a team of practitioners and sports science professionals, the courses have been designed to cater to coaches at all levels of competition.

"The knowledge & skills that I have acquired in this course have enabled me to become a more reflective coach, enhancing my coaching abilities and awareness of the sport of sepaktakraw.”

Asher Pang Eng Chuan
Graduate (2017)
Professional Certificate in Sport Coaching (Sepaktakraw)
This qualification reflects the role of individuals who aspire to coach the game of Sepaktakraw, equipping the Coach with the essential skills, knowledge and competencies of ‘how to coach’ and guide one to understand ‘why you coach’ through the introduction of values education, basic knowledge of sports science and the various principles in sports coaching within the context of Sepaktakraw.

AIMS

At the end of the course, participants are able to:
1. Communicate effectively with athletes;
2. Design effective training programmes;
3. Assist athletes to enhance and develop skills; and
4. Assess and monitor athletes to enhance performance.

ATTENDANCE CRITERIA

All participants need to attend at least 75% of classes.

ENTRY REQUIREMENTS

• AGE
  » Learners must be aged 18 years and above upon commencement.

• ACADEMIC
  » No minimum academic requirement.

• ENGLISH PROFICIENCY
  » It is recommended, though not required, that participants possess a credit in the English Language at GCE ‘O’/’N’ Levels or Employability Skills System (ESS) of Level 5.

Candidates who do not fully meet the above requirements may be considered on a case-by-case basis.

PROGRAMME STRUCTURE

Each 3-hours classes are conducted two evenings (Wednesday & Thursday) per week totalling 45 hours.

COURSE CONTENT

• Ethics, Values and Principles in Sport
• Sports Development System
• Communication and Relationship Building with Athletes
• Coaching Methods
• Safety and Risk Management
• Plan & Deliver Coaching Programmes
• Basic Exercise Physiology & Nutrition
• Basic Sport Psychology
• Applied Sports Biomechanics
• Teach the fundamental skills of Sepaktakraw
• Teach the fundamental tactics and strategies of Sepaktakraw

DURATION

3 months (Part Time)

INTAKE

Monthly

TEACHER TO STUDENT RATIO

1 : 30

PROGRAMME FEES

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<tr>
<td>Course Fee</td>
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<td>Examination Fee</td>
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Note: Singaporeans aged 25 years old and above may use their SkillsFuture Credit.

MODE OF DELIVERY

Guided learning hours consist of 34 hours of classroom-based sessions and 11 hours of practical sessions. Practical attachment sessions will be assigned by PERSES.

ASSESSMENT/EXAMINATIONS

2-hour Written Examination
3-hour Practical Assessment

GRADUATION REQUIREMENTS

Learners are required to pass all stipulated assessments.
This course constitutes an advanced level of qualification for Sepaktakraw coaches who are keen to coach the game of Sepaktakraw at a higher level, gaining an in-depth knowledge of coaching, training and guiding of high performance athletes to achieve peak performance. Coaches will be exposed to relevant topics that will not only assist athletes in achieving optimal performance but will develop the players’ strength of character and leadership skills.

**AIMS**

At the end of the course, participants are able to:

1. Able to effectively lead and manage Sepaktakraw teams;
2. Able to synthesise and apply advanced sports science knowledge in achieving peak performance;
3. Able to assist athletes in preserving focus and attention throughout the season and competitions;
4. Able to assist athletes to recognise and further enhance their skills and competencies throughout their participation in the sport of Sepaktakraw; and
5. Able to develop players’ strength of character and leadership skills.

**ATTENDANCE CRITERIA**

All participants need to attend at least 75% of classes.

**ENTRY REQUIREMENTS**

- **AGE**
  - Learners must be aged 18 years and above upon commencement.

- **ACADEMIC**
  - Learners must possess the Professional Certificate in Sport Coaching (Sepaktakraw) qualification OR a Level 1 Coaching Certificate OR Team Manager / Sports Administration Certificate (PERSES) or equivalent.

- **ENGLISH PROFICIENCY**
  - It is recommended, though not required, that participants possess a credit in the English Language at GCE ‘O’/‘N’ Levels or Employability Skills System (ESS) of Level 5.

Candidates who do not fully meet the above requirements may be considered on a case-by-case basis.

**PROGRAMME STRUCTURE**

Each 3-hours classes are conducted two evenings (Monday & Tuesday) per week totalling 30 hours.

**COURSE CONTENT**

**Core Modules**

1. Exercise & Sport Psychology for High Performance Athletes
2. Human Motor Learning & Development Throughout Lifespan
3. Strength & Conditioning for High Performance Athletes

**Specialised Modules**

1. Sports Leadership and Management in Sepaktakraw
2. Character and Leadership Development for Sepaktakraw Athletes
SEPAKTAKRAW COACHING PROGRAMME - DEGREE PATHWAY
Your Journey to a Degree Programme

Bachelor of Science (Honours) in Sport Management (Top-Up)
awarded by Northumbria University
1 Year Part-Time/Full-Time at SSTC Institute

Advanced Diploma in Sport Management
awarded by SSTC Institute
8 months (Full Time) or 12 months (Part Time)

Diploma in Sport Management
awarded by SSTC Institute
8 months (Full Time) or 12 months (Part Time)

Pearson BTEC Level 3 Diploma in Business
awarded by Pearson Education
12 months (Full Time) or 18 months (Part Time)

Advanced Professional Certificate in Sport Coaching (Sepaktakraw)
awarded by SSTC Institute
2 months (Part Time)

Professional Certificate in Sport Coaching (Sepaktakraw)
awarded by SSTC Institute
3 months (Part Time)

*Learners must meet the respective entry requirements for each level/programme.
PERSES believes in the development of quality programmes and resources. This can only be achieved through the continual improvement of progressive synergies in the sport of Sepaktakraw by the coordination of youths, amateur athletics organisations, government agencies and corporate sponsors; and in the application of modern sports marketing and management principles.

Ultimately, PERSES’ vision is to ensure that integrity and dignity stands at the forefront of PERSES’s values through qualities of fair play.

“I feel heartened to witness the launch of this Sepaktakraw Professional Courses and the Coaching Pathway, allowing our coaches to continually upgrade themselves, becoming skillful, competent and informed coaches, contributing to the quality, development and progress of the Game.

It is truly an exciting time for the local coaching fraternity as we look forward to more support and training programmes to enhance the skills and competencies of our coaches, which is very much aligned to one of the key objectives of CoachSG.”

ABDUL HALIM BIN KADER, BBM
PRESIDENT
SINGAPORE SEPAKTAKRAW FEDERATION (PERSES)
SkillsFuture is a national movement to provide Singaporeans with the opportunities to develop their fullest potential throughout life, regardless of their starting points. Through this movement, the skills, passion and contributions of every individual will drive Singapore’s next phase of development towards an advanced economy and inclusive society.

Everyone is part of Singapore’s SkillsFuture journey. The choices you make or guide others to make in education, jobs or careers should lead to opportunities to maximise one’s potential and develop a mastery of skills. To meet challenges and achieve success, chart your own paths through lifelong learning and skills mastery. Every Singaporean, every job, at every stage of life, counts.

SkillsFuture Credit aims to encourage individuals to take ownership of their skills development and lifelong learning. All Singaporeans aged 25 and above will receive an opening credit of S$500 from January 2016. Your credit will not expire and the government will provide periodic top-ups, so you may accumulate your credit.

The Professional Certificate in Sport Coaching (Sepaktakraw) and the Advanced Professional Certificate in Sport Coaching (Sepaktakraw) are approved courses for SkillsFuture Credit. This means that eligible Singaporeans may use their SkillsFuture Credit to pay for their enrolment into these courses.

UPGRADE YOUR SKILLS TODAY!

SSTC Institute’s Admissions Office is open 12 months of the year, excluding Singapore public holidays, from Monday to Friday, 9.30am to 5.30pm.

Applications can be submitted throughout the calendar year and application documentation may be scanned and emailed through to us. Applicants will be duly informed on the next available course intake.

Note: Singaporeans who intend to utilise their SkillsFuture Credit must ensure that their SingPass is active with 2FA already set up. More information can be found at https://www.singpass.gov.sg.

Enrol with us today at:

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