



## RECOGNITION OF PRIOR LEARNING (RPL) APPLICATION FORM

Name : \_\_\_\_\_

NRIC : \_\_\_\_\_

Address : \_\_\_\_\_

Email : \_\_\_\_\_

Tel. No. : \_\_\_\_\_ (O) \_\_\_\_\_ (HP)

**Attached Documents:** Please list out below and attached the documents

### Highest Academic Qualifications / Coaching Certificates

Title of Course	Year(s)	Institution / Organization

### Coaching Experience / History

Duration in hours	Team	Role

## RPL Table (Level 1)

No.	Module	Learning Outcomes	Summary of Evidence Checkbox (Please tick only and provide evidence separately)
1.	The Laws of Fencing	<ol style="list-style-type: none"> <li>1. Understanding Basic Fencing Rules</li> <li>2. Perform simple refereeing</li> <li>3. Distinguish between the different competition formats</li> <li>4. Organize simple tournaments for athletes</li> </ol>	
2.	Sport Development System	<ol style="list-style-type: none"> <li>1. Identify the layers of the sports development continuum</li> <li>2. Describe the role of key local and international organizations and their programmes relevant to the sport of fencing</li> <li>3. Describe the relevance and impact of the environment to fencing coaching practice</li> </ol>	
3.	Coaching Methodology	<ol style="list-style-type: none"> <li>1. Understand the skills and qualities of an effective coach</li> <li>2. Describe the roles and responsibilities of a coach</li> <li>3. Explain a coaching philosophy</li> <li>4. Identify and describe leadership styles</li> <li>5. Identify and describe different coaching styles</li> <li>6. Identify and describe different learning styles</li> <li>7. Develop communication and instruction strategies to stakeholders</li> <li>8. Explain what an effective demonstration is</li> <li>9. Explain feedback and apply an evaluation and reflection process to coaching</li> <li>10. Risk Management</li> </ol>	
4.	Planning	<ol style="list-style-type: none"> <li>1. Describe Long-Term Athletes Development (LTAD)</li> <li>2. Outline the purpose of a season plan and how it relates to planning</li> <li>3. Describe the structure of a coaching session</li> <li>4. Identify and describe practice principles</li> </ol>	

No.	Module	Learning Outcomes	Summary of Evidence Checkbox (Please tick only and provide evidence separately)
		5. Design and deliver a single session plan 6. Explain the review process	
5.	Training	1. Describe anatomical and physiological function 2. Describe terms associated with body movement 3. Describe the different energy system 4. Describe basic nutrition and recovery concepts 5. Describe and apply basic psychology techniques 6. Describe the role of a coach in developing fitness and training programmes 7. Describe the principle components of fitness training 8. Integration of multi-directional activities into fitness programmes 9. Differentiate between skill and ability 10. Explain the process of learning	
6.	Tactical Fundamentals of Fencing	1. Describe tactics in relation to specific offensive and defensive actions 2. Describe and demonstrate footwork actions and drills 3. Describe and demonstrate blade movements	
7.	VPS [CoachSG]	Do note that successful applicants are still required to attain their Values and Principles of Sports (VPS) certification through CoachSG.  For more information, please use the following link:  <a href="https://www.sportsingapore.gov.sg/sports-education/values-and-principles-in-sports">https://www.sportsingapore.gov.sg/sports-education/values-and-principles-in-sports</a>	
8.	Foundational Sports Science (FSS) Course	Do note that successful applicants are still required to attain their Foundational Sports Science (FSS) Course certification through Sport SG, unless waiver is granted.  Sport SG will update information on FSS on its webpages in due to course.	

**Declaration**

I, \_\_\_\_\_ (name),  
\_\_\_\_\_ (NRIC / FIN / Passport number), declare that all the provided information / evidence is true and accurate. I allow FS to investigate my previous records should they deem necessary.

\_\_\_\_\_  
Signature / Name of Applicant

\_\_\_\_\_  
Date

**Assessed by:**

\_\_\_\_\_  
Signature / Name of Assessor

\_\_\_\_\_  
Date