

EXERCISE & SPORTS SCIENCE (ESS)

(a) What is going to be taught?

The syllabus is online.

https://www.seab.gov.sg/docs/default-source/national-examinations/syllabus/olevel/2022syllabus/6081_y22_sy.pdf

- At the end of 2 years, the O-Level Exercise and Sports Science syllabus aims to enable candidates to:
 - Acquire and apply the knowledge in exercise physiology, biomechanics, and sports psychology to analyse, evaluate and improve practical performances in physical exercises and sports
 - Develop the movement concepts and motor skills to be proficient in the performance of an individual / dual and a team sport
 - Understand the benefits and risks associated with physical exercise and sports to manage personal participation in physical activities; and
 - Examine issue related to sports and participation in physical activities from socio-cultural and global perspectives

(b) What is expected of the student in learning that subject?

- A strong passion and aptitude towards Sports and Fitness
- Physically fit and active
- Minimum B grade for NAPFA 2.4km Test (at Secondary 2)
- Represents the school in a competitive sport (excluding Bowling)
- Willing to put in extra hours to develop sports skills and improve fitness after school
- For NA students, an additional requirement of 60% in Science and 50% in English (at Secondary 2)

(c) Assessment Criteria

A variety of projects, common tests and Semestral Exams. For the national exam, the coursework assessment account for 60% of the final grade (see below).

(d) What is expected of the student in order to score well in this subject?

- Participate actively and diligently in the physical activities/ sports chosen for the coursework
- Put in extra effort to improve personal performance in the physical activities
- Build and develop a strong passion for sports and fitness beyond the syllabus
- Analytical mind to link the various sports disciplines to issues in sports science
- Diligent in the study of theory in exercise and sports science

(e) How can parents/guardians assist and support?

- Take a keen interest in sports related news and subjects
- Ensure your child attends all lessons
- By developing and adopting a healthy lifestyle as a family

(f) How is the subject useful or relevant for the future?

You can use ESS to apply for admission to post-secondary educational institutions, just as you could with other academic subjects. It also offers you a chance to build a strong foundation for pursuing a sports-related degree or diploma.

Note: The Coursework assesses candidates' proficiency in performing practical activities and their ability to analyse, evaluate and make improvement on their physical performance.

- (40%) Proficiency of Performance of Practical Activities (1 individual / dual & 1 team)*;
- (15%) Individual Development Log to document the analysis of their performance, design and implement an appropriate training programme to improve their performance of the individual / dual activity; and
- (5%) Team Practical Activity Log to analyse individual factors that impacts the overall team performance and provide justifications and suggestions to improve

COURSEWORK PRACTICAL ACTIVITIES

Categories	Practical Activities
Individual / Dual*	Badminton*, Table Tennis*, Tennis*, Track and Field, Cross-country Running, Swimming
Team (Individually assessed)	Football, Basketball, Floorball, Hockey, Netball, Softball, Volleyball