

SECONDARY EDUCATION CURRICULUM

Modules	Secondary One	Secondary Two	Secondary Three	Secondary Four
English	<p>English is the medium of instruction and serves as the foundation for most of the subjects taught throughout the programme. The ultimate goal of the subject is to enable our students to become effective, better and confident communicators, which is considered one of the most important competencies in 21st century. By the end of the course, our students will be able to strengthen their communication skills in a more sophisticated level by building up the knowledge and skills they acquired during their primary school years.</p> <p>Adopting MOE's syllabus in teaching the English Language, the course aims to develop close, critical, extensive and wide listening, reading and viewing skills to comprehend and process longer, more complex texts; and develop an informed, clear, and precise personal and critical response in speaking, writing and representing.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>English is the medium of instruction and serves as the foundation for most of the subjects taught throughout the programme. The ultimate goal of the subject is to enable our students to become effective, better and confident communicators, which is considered one of the most important competencies in 21st century. By the end of the course, our students will be able to strengthen their communication skills in a more sophisticated level by building up the knowledge and skills they acquired during their secondary one course.</p> <p>Adopting MOE's syllabus in teaching the English Language, the course aims to develop close, critical, extensive and wide listening, reading and viewing skills to comprehend and process longer, more complex texts; and develop an informed, clear, and precise personal and critical response in speaking, writing and representing.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>English is the medium of instruction and serves as the foundation for most of the subjects taught throughout the programme. The ultimate goal of the subject is to enable our students to become effective, better and confident communicators, which is considered one of the most important competencies in 21st century. By the end of the course, our students will be able to strengthen their communication skills in a more sophisticated level by building up the knowledge and skills they acquired during their secondary one and two years. Adopting MOE's syllabus in teaching the English Language, the course aims to develop close, critical, extensive and wide listening, reading and viewing skills to comprehend and process longer, more complex texts; and develop an informed, clear, and precise personal and critical response in speaking, writing and representing.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>English is the medium of instruction and serves as the foundation for most of the subjects taught throughout the programme. The ultimate goal of the subject is to enable our students to become effective, better and confident communicators, which is considered one of the most important competencies in 21st century. By the end of the course, our students will be able to strengthen their communication skills in a more sophisticated level by building up the knowledge and skills they acquired during their secondary one to three school years. Adopting MOE's syllabus in teaching the English Language, the course aims to develop close, critical, extensive and wide listening, reading and viewing skills to comprehend and process longer, more complex texts; and develop an informed, clear, and precise personal and critical response in speaking, writing and representing.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>
Mathematics	<p>Our school adopts Singapore Mathematics, which is considered the best in the world. This course aims to enable students acquire the necessary mathematical concepts and skills for everyday life, and for continuous learning in mathematics and related disciplines. This subject also aims to provide a head start to those students who would like to pursue STEM education and career through providing advanced mathematics in the early stage of their education. Believing in MOE's goals in teaching this subject, this course aims to allow students achieve mastery of mathematics that will equip them function effectively in their everyday life; hone and develop more interest in mathematics where students can positively contribute to the nation in the future by pursuing mathematics-related courses of study, produce imaginative and creative work arising from mathematical ideas; and develop the abilities to reason logically, think critically, communicate mathematically, and learn cooperatively and independently.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>Our school adopts Singapore Mathematics, which is considered the best in the world. This course aims to enable students acquire the necessary mathematical concepts and skills for everyday life, and for continuous learning in mathematics and related disciplines. This subject also aims to provide a head start to those students who would like to pursue STEM education and career through providing advanced mathematics in the early stage of their education. Believing in MOE's goals in teaching this subject, this course aims to allow students achieve mastery of mathematics that will equip them function effectively in their everyday life; hone and develop more interest in mathematics where students can positively contribute to the nation in the future by pursuing mathematics-related courses of study, produce imaginative and creative work arising from mathematical ideas; and develop the abilities to reason logically, think critically, communicate mathematically, and learn cooperatively and independently.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>Our school adopts Singapore Mathematics, which is considered the best in the world. This course aims to enable students acquire the necessary mathematical concepts and skills for everyday life, and for continuous learning in mathematics and related disciplines. This subject also aims to provide a head start to those students who would like to pursue STEM education and career through providing advanced mathematics in the early stage of their education. Believing in MOE's goals in teaching this subject, this course aims to allow students achieve mastery of mathematics that will equip them function effectively in their everyday life; hone and develop more interest in mathematics where students can positively contribute to the nation in the future by pursuing mathematics-related courses of study, produce imaginative and creative work arising from mathematical ideas; and develop the abilities to reason logically, think critically, communicate mathematically, and learn cooperatively and independently.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>Our school adopts Singapore Mathematics, which is considered the best in the world. This course aims to enable students acquire the necessary mathematical concepts and skills for everyday life, and for continuous learning in mathematics and related disciplines. This subject also aims to provide a head start to those students who would like to pursue STEM education and career through providing advanced mathematics in the early stage of their education. Believing in MOE's goals in teaching this subject, this course aims to allow students achieve mastery of mathematics that will equip them function effectively in their everyday life; hone and develop more interest in mathematics where students can positively contribute to the nation in the future by pursuing mathematics-related courses of study, produce imaginative and creative work arising from mathematical ideas; and develop the abilities to reason logically, think critically, communicate mathematically, and learn cooperatively and independently.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>

Science	<p>The Science syllabus aims to nurture the student as an inquirer. It seeks to provide students with experiences which build on their interest in and stimulate their curiosity about the world they live in. Adopting Singapore's Science curriculum, the school leverages on and seeks to awaken the spirit of curiosity. The top 3 goals of the subject are as follows: develop the students' perception of Science as a way of thinking rather than just a body of facts; engage students in Science-related issues that directly or indirectly affect their lives; and help students carry out Scientific-based inquiries and researches.</p> <p>Furthermore, the end goal is for students to develop love for science and value science as an important tool in helping them explore their natural and physical world. Building on what students have learned during their Primary School science, more sophisticated methods of scientific inquiry will be employed to enable students utilise their scientific knowledge and methods in problem-solving and making decisions</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Science syllabus aims to nurture the student as an inquirer. It seeks to provide students with experiences which build on their interest in and stimulate their curiosity about the world they live in. Adopting Singapore's Science curriculum, the school leverages on and seeks to awaken the spirit of curiosity. The top 3 goals of the subject are as follows: develop the students' perception of Science as a way of thinking rather than just a body of facts; engage students in Science-related issues that directly or indirectly affect their lives; and help students carry out Scientific-based inquiries and researches.</p> <p>Furthermore, the end goal is for students to develop love for science and value science as an important tool in helping them explore their natural and physical world. Building on what students have learned during their secondary one science subject, more sophisticated methods of scientific inquiry will be employed to enable students utilise their scientific knowledge and methods in problem-solving and making decisions</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Science syllabus aims to nurture the student as an inquirer. It seeks to provide students with experiences which build on their interest in and stimulate their curiosity about the world they live in. Adopting Singapore's Science curriculum, the school leverages on and seeks to awaken the spirit of curiosity. The top 3 goals of the subject are as follows: develop the students' perception of Science as a way of thinking rather than just a body of facts; engage students in Science-related issues that directly or indirectly affect their lives; and help students carry out Scientific-based inquiries and researches. Furthermore, the end goal is for students to develop love for science and value science as an important tool in helping them explore their natural and physical world. Building on what students have learned during their secondary two science, more sophisticated methods of scientific inquiry will be employed to enable students utilise their scientific knowledge and methods in problem-solving and making decisions</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Science syllabus aims to nurture the student as an inquirer. It seeks to provide students with experiences which build on their interest in and stimulate their curiosity about the world they live in. Adopting Singapore's Science curriculum, the school leverages on and seeks to awaken the spirit of curiosity. The top 3 goals of the subject are as follows: develop the students' perception of Science as a way of thinking rather than just a body of facts; engage students in Science-related issues that directly or indirectly affect their lives; and help students carry out Scientific-based inquiries and research. Furthermore, the end goal is for students to develop love for science and value science as an important tool in helping them explore their natural and physical world. Building on what students have learned during their secondary three School science, more sophisticated methods of scientific inquiry will be employed to enable students utilise their scientific knowledge and methods in problem-solving and making decisions.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>
Mother Tongue	<p>The Mother Tongue subject in Secondary school allows students to strengthen their cultural identity while enhancing language skills in Filipino, Tamil, Mandarin, French, Bengali, and other languages. Designed to meet the needs of our international student body, the course emphasizes effective communication, cognitive development, and intercultural understanding. Through interactive lessons, students develop proficiency in their native languages while fostering a deeper connection to their heritage. Whether they are maintaining fluency or beginning their language journey, the course supports learners at all levels. In addition to linguistic growth, the program encourages cultural exchange, creating an inclusive and diverse learning environment. The course not only preserves students' mother tongues but also equips them with valuable skills for academic success in a globalized world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Mother Tongue subject in Secondary school allows students to strengthen their cultural identity while enhancing language skills in Filipino, Tamil, Mandarin, French, Bengali, and other languages. Designed to meet the needs of our international student body, the course emphasizes effective communication, cognitive development, and intercultural understanding. Through interactive lessons, students develop proficiency in their native languages while fostering a deeper connection to their heritage. Whether they are maintaining fluency or beginning their language journey, the course supports learners at all levels. In addition to linguistic growth, the program encourages cultural exchange, creating an inclusive and diverse learning environment. The course not only preserves students' mother tongues but also equips them with valuable skills for academic success in a globalized world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Mother Tongue subject in Secondary school allows students to strengthen their cultural identity while enhancing language skills in Filipino, Tamil, Mandarin, French, Bengali, and other languages. Designed to meet the needs of our international student body, the course emphasizes effective communication, cognitive development, and intercultural understanding. Through interactive lessons, students develop proficiency in their native languages while fostering a deeper connection to their heritage. Whether they are maintaining fluency or beginning their language journey, the course supports learners at all levels. In addition to linguistic growth, the program encourages cultural exchange, creating an inclusive and diverse learning environment. The course not only preserves students' mother tongues but also equips them with valuable skills for academic success in a globalized world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Mother Tongue subject in Secondary school allows students to strengthen their cultural identity while enhancing language skills in Filipino, Tamil, Mandarin, French, Bengali, and other languages. Designed to meet the needs of our international student body, the course emphasizes effective communication, cognitive development, and intercultural understanding. Through interactive lessons, students develop proficiency in their native languages while fostering a deeper connection to their heritage. Whether they are maintaining fluency or beginning their language journey, the course supports learners at all levels. In addition to linguistic growth, the program encourages cultural exchange, creating an inclusive and diverse learning environment. The course not only preserves students' mother tongues but also equips them with valuable skills for academic success in a globalized world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>

History	<p>The History subject with a focus on Asian Studies in Secondary 1 and 2 provides students with an in-depth understanding of the rich and diverse histories of Asia.</p> <p>This course explores the cultural, political, and economic developments that have shaped the Asian continent, including key events, influential figures, and major civilizations. By examining historical narratives from various Asian countries, students gain insights into the complexities and interconnectedness of Asian societies. The course encourages critical thinking and analysis through engaging discussions, primary source evaluations, and research projects. Students will explore topics such as ancient empires, colonial histories, and modern transformations, enhancing their appreciation of Asia's impact on global history. This comprehensive approach fosters a deeper understanding of the region's significance, promoting cultural awareness and preparing students for a more informed perspective in our interconnected world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The History subject with a focus on Asian Studies in Secondary 1 and 2 provides students with an in-depth understanding of the rich and diverse histories of Asia.</p> <p>This course explores the cultural, political, and economic developments that have shaped the Asian continent, including key events, influential figures, and major civilizations. By examining historical narratives from various Asian countries, students gain insights into the complexities and interconnectedness of Asian societies. The course encourages critical thinking and analysis through engaging discussions, primary source evaluations, and research projects. Students will explore topics such as ancient empires, colonial histories, and modern transformations, enhancing their appreciation of Asia's impact on global history. This comprehensive approach fosters a deeper understanding of the region's significance, promoting cultural awareness and preparing students for a more informed perspective in our interconnected world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>		
Humanities			<p>The Humanities module for upper secondary students will explore key concepts across the branches of Humanities, including social studies, geography, literature, and history. They will be tasked with creating two subject combinations, such as social studies with geography or social studies with history, to understand how these disciplines intersect and can be applied to real-world issues. By engaging in this interdisciplinary approach, students will enhance their critical thinking and analytical skills. Additionally, they will develop their communication abilities by presenting their insights and findings to their peers, fostering both individual and collaborative learning.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Humanities module for upper secondary students will explore key concepts across the branches of Humanities, including social studies, geography, literature, and history. They will be tasked with creating two subject combinations, such as social studies with geography or social studies with history, to understand how these disciplines intersect and can be applied to real-world issues. By engaging in this interdisciplinary approach, students will enhance their critical thinking and analytical skills. Additionally, they will develop their communication abilities by presenting their insights and findings to their peers, fostering both individual and collaborative learning.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>

Contemporary Art	<p>The Contemporary Art subject for Secondary school introduces students to the dynamic and evolving world of modern artistic expression. This course explores various contemporary art movements, techniques, and influential artists, encouraging students to engage with and understand the diverse forms of art that define the present era. Students will examine current trends, including digital art, street art, and installation pieces, while also developing their creative skills through hands-on projects and critical discussions. By analysing contemporary artworks and their cultural contexts, students gain insight into how art reflects and shapes societal issues and personal experiences.</p> <p>The course fosters creativity, critical thinking, and aesthetic appreciation, providing students with the tools to both interpret and create contemporary art. This exploration of modern artistic practices aims to inspire students and deepen their appreciation for the role of art in today's world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Contemporary Art subject for Secondary school introduces students to the dynamic and evolving world of modern artistic expression. This course explores various contemporary art movements, techniques, and influential artists, encouraging students to engage with and understand the diverse forms of art that define the present era. Students will examine current trends, including digital art, street art, and installation pieces, while also developing their creative skills through hands-on projects and critical discussions. By analysing contemporary artworks and their cultural contexts, students gain insight into how art reflects and shapes societal issues and personal experiences. The course fosters creativity, critical thinking, and aesthetic appreciation, providing students with the tools to both interpret and create contemporary art. This exploration of modern artistic practices aims to inspire students and deepen their appreciation for the role of art in today's world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Contemporary Art subject for Secondary school introduces students to the dynamic and evolving world of modern artistic expression. This course explores various contemporary art movements, techniques, and influential artists, encouraging students to engage with and understand the diverse forms of art that define the present era. Students will examine current trends, including digital art, street art, and installation pieces, while also developing their creative skills through hands-on projects and critical discussions. By analysing contemporary artworks and their cultural contexts, students gain insight into how art reflects and shapes societal issues and personal experiences. The course fosters creativity, critical thinking, and aesthetic appreciation, providing students with the tools to both interpret and create contemporary art. This exploration of modern artistic practices aims to inspire students and deepen their appreciation for the role of art in today's world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Contemporary Art subject for Secondary school introduces students to the dynamic and evolving world of modern artistic expression. This course explores various contemporary art movements, techniques, and influential artists, encouraging students to engage with and understand the diverse forms of art that define the present era. Students will examine current trends, including digital art, street art, and installation pieces, while also developing their creative skills through hands-on projects and critical discussions. By analysing contemporary artworks and their cultural contexts, students gain insight into how art reflects and shapes societal issues and personal experiences. The course fosters creativity, critical thinking, and aesthetic appreciation, providing students with the tools to both interpret and create contemporary art. This exploration of modern artistic practices aims to inspire students and deepen their appreciation for the role of art in today's world.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>
Literature	<p>The Literature subject for Secondary school immerses students in the rich world of literary exploration, focusing on both classic and contemporary works. This course is designed to develop students' analytical skills, enhance their understanding of different genres, and foster a love for reading. Students will engage with a diverse range of texts, including novels, short stories, poetry, and plays, exploring themes, characters, and narrative techniques. Through discussions, literary analysis, and creative writing exercises, students will deepen their appreciation for literature and its role in reflecting and shaping human experiences. The course encourages critical thinking and personal interpretation, allowing students to connect with the material on a deeper level. By examining various literary traditions and styles, students will develop a broader perspective on storytelling and its impact, preparing them for further literary studies and fostering a lifelong appreciation for the written word.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Literature subject for Secondary school immerses students in the rich world of literary exploration, focusing on both classic and contemporary works. This course is designed to develop students' analytical skills, enhance their understanding of different genres, and foster a love for reading. Students will engage with a diverse range of texts, including novels, short stories, poetry, and plays, exploring themes, characters, and narrative techniques. Through discussions, literary analysis, and creative writing exercises, students will deepen their appreciation for literature and its role in reflecting and shaping human experiences. The course encourages critical thinking and personal interpretation, allowing students to connect with the material on a deeper level. By examining various literary traditions and styles, students will develop a broader perspective on storytelling and its impact, preparing them for further literary studies and fostering a lifelong appreciation for the written word.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Literature subject for Secondary school immerses students in the rich world of literary exploration, focusing on both classic and contemporary works. This course is designed to develop students' analytical skills, enhance their understanding of different genres, and foster a love for reading. Students will engage with a diverse range of texts, including novels, short stories, poetry, and plays, exploring themes, characters, and narrative techniques. Through discussions, literary analysis, and creative writing exercises, students will deepen their appreciation for literature and its role in reflecting and shaping human experiences. The course encourages critical thinking and personal interpretation, allowing students to connect with the material on a deeper level. By examining various literary traditions and styles, students will develop a broader perspective on storytelling and its impact, preparing them for further literary studies and fostering a lifelong appreciation for the written word.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>	<p>The Literature subject for Secondary school immerses students in the rich world of literary exploration, focusing on both classic and contemporary works. This course is designed to develop students' analytical skills, enhance their understanding of different genres, and foster a love for reading. Students will engage with a diverse range of texts, including novels, short stories, poetry, and plays, exploring themes, characters, and narrative techniques. Through discussions, literary analysis, and creative writing exercises, students will deepen their appreciation for literature and its role in reflecting and shaping human experiences. The course encourages critical thinking and personal interpretation, allowing students to connect with the material on a deeper level. By examining various literary traditions and styles, students will develop a broader perspective on storytelling and its impact, preparing them for further literary studies and fostering a lifelong appreciation for the written word.</p> <p>Mode of Delivery: Face to Face or Asynchronous Learning (Home-based Learning)</p>

Co-curricular Activities	<p>This subject is designed to enhance students' development across multiple dimensions, focusing on intellectual growth, interpersonal skills, and bodily-kinesthetic intelligence. Through a diverse range of co-curricular activities, students will engage in experiences that promote mental acuity, foster effective communication and collaboration, and refine their physical coordination and expression. These activities are integral to achieving holistic development, providing a well-rounded educational experience that balances academic learning with practical, hands-on engagement. By participating in these activities, students will cultivate a more comprehensive skill set, encouraging personal growth, creativity, and a balanced approach to their overall education. This approach ensures that students not only excel academically but also thrive in their social and physical interactions, preparing them for a well-rounded and successful future.</p> <p>Mode of Delivery: Face to Face</p>	<p>This subject is designed to enhance students' development across multiple dimensions, focusing on intellectual growth, interpersonal skills, and bodily-kinesthetic intelligence. Through a diverse range of co-curricular activities, students will engage in experiences that promote mental acuity, foster effective communication and collaboration, and refine their physical coordination and expression. These activities are integral to achieving holistic development, providing a well-rounded educational experience that balances academic learning with practical, hands-on engagement. By participating in these activities, students will cultivate a more comprehensive skill set, encouraging personal growth, creativity, and a balanced approach to their overall education. This approach ensures that students not only excel academically but also thrive in their social and physical interactions, preparing them for a well-rounded and successful future.</p> <p>Mode of Delivery: Face to Face</p>	<p>This subject is designed to enhance students' development across multiple dimensions, focusing on intellectual growth, interpersonal skills, and bodily-kinesthetic intelligence. Through a diverse range of co-curricular activities, students will engage in experiences that promote mental acuity, foster effective communication and collaboration, and refine their physical coordination and expression. These activities are integral to achieving holistic development, providing a well-rounded educational experience that balances academic learning with practical, hands-on engagement. By participating in these activities, students will cultivate a more comprehensive skill set, encouraging personal growth, creativity, and a balanced approach to their overall education. This approach ensures that students not only excel academically but also thrive in their social and physical interactions, preparing them for a well-rounded and successful future.</p> <p>Mode of Delivery: Face to Face</p>	<p>This subject is designed to enhance students' development across multiple dimensions, focusing on intellectual growth, interpersonal skills, and bodily-kinesthetic intelligence. Through a diverse range of co-curricular activities, students will engage in experiences that promote mental acuity, foster effective communication and collaboration, and refine their physical coordination and expression. These activities are integral to achieving holistic development, providing a well-rounded educational experience that balances academic learning with practical, hands-on engagement. By participating in these activities, students will cultivate a more comprehensive skill set, encouraging personal growth, creativity, and a balanced approach to their overall education. This approach ensures that students not only excel academically but also thrive in their social and physical interactions, preparing them for a well-rounded and successful future.</p> <p>Mode of Delivery: Face to Face</p>
Physical Education and Health	<p>Physical Education and Health enables the students develop an understanding and appreciation of their physical body and learn ways on how to optimize their health. The course offers experiential learning for learners to adopt an active life for fitness and lifelong health. The knowledge, skills and understanding which include physical and health literacy competencies support them in accessing, synthesizing and evaluating information; making informed decisions; enhancing and advocating their own as well as others' fitness and health. This course on exercise for fitness enables the learner to set goals, monitor one's participation in aerobic and muscle- and bone-strengthening activities and constantly evaluate how well one has integrated this into one's personal lifestyle. It consists of an array of offerings, which learners can choose from.</p> <p>Mode of Delivery: Face to Face</p>	<p>Physical Education and Health enables the students develop an understanding and appreciation of their physical body and learn ways on how to optimize their health. The course offers experiential learning for learners to adopt an active life for fitness and lifelong health. The knowledge, skills and understanding which include physical and health literacy competencies support them in accessing, synthesizing and evaluating information; making informed decisions; enhancing and advocating their own as well as others' fitness and health. This course on exercise for fitness enables the learner to set goals, monitor one's participation in aerobic and muscle- and bone-strengthening activities and constantly evaluate how well one has integrated this into one's personal lifestyle. It consists of an array of offerings, which learners can choose from.</p> <p>Mode of Delivery: Face to Face</p>	<p>Physical Education and Health enables the students develop an understanding and appreciation of their physical body and learn ways on how to optimize their health. The course offers experiential learning for learners to adopt an active life for fitness and lifelong health. The knowledge, skills and understanding which include physical and health literacy competencies support them in accessing, synthesizing and evaluating information; making informed decisions; enhancing and advocating their own as well as others' fitness and health. This course on exercise for fitness enables the learner to set goals, monitor one's participation in aerobic and muscle- and bone-strengthening activities and constantly evaluate how well one has integrated this into one's personal lifestyle. It consists of an array of offerings, which learners can choose from.</p> <p>Mode of Delivery: Face to Face</p>	<p>Physical Education and Health enables the students develop an understanding and appreciation of their physical body and learn ways on how to optimize their health. The course offers experiential learning for learners to adopt an active life for fitness and lifelong health. The knowledge, skills and understanding which include physical and health literacy competencies support them in accessing, synthesizing and evaluating information; making informed decisions; enhancing and advocating their own as well as others' fitness and health. This course on exercise for fitness enables the learner to set goals, monitor one's participation in aerobic and muscle- and bone-strengthening activities and constantly evaluate how well one has integrated this into one's personal lifestyle. It consists of an array of offerings, which learners can choose from.</p> <p>Mode of Delivery: Face to Face</p>

Pastoral Ministry and Personal Development	<p>This subject focuses on two parts: pastoral ministry and personal development. The first part will focus on becoming more aware of the developmental stage that they are in, for them to better understand themselves and the significant people around them. Using the experiential learning approach, each module invites students to explore specific themes in their development. Personal reflections, sharing, and lectures help reveal and articulate relevant concepts, theories, and tools in different areas in psychology. The second part of the course will focus on guiding and assisting students to create and choose better decision or course of thought that may lead them to outstanding action; enabling every student to develop their potentials and help them achieve their aspirations in life; helping every student to endure and make every circumstance a positive experience looking at it as a blessing; restoring every student to the person whose image and likeness is God through appropriate coaching programme in the context of a happy family; and establishing happy relationship and mending those which are otherwise.</p> <p>Mode of Delivery: Face to Face</p>	<p>This subject focuses on two parts: pastoral ministry and personal development. The first part will focus on becoming more aware of the developmental stage that they are in, for them to better understand themselves and the significant people around them. Using the experiential learning approach, each module invites students to explore specific themes in their development. Personal reflections, sharing, and lectures help reveal and articulate relevant concepts, theories, and tools in different areas in psychology. The second part of the course will focus on guiding and assisting students to create and choose better decision or course of thought that may lead them to outstanding action; enabling every student to develop their potentials and help them achieve their aspirations in life; helping every student to endure and make every circumstance a positive experience looking at it as a blessing; restoring every student to the person whose image and likeness is God through appropriate coaching programme in the context of a happy family; and establishing happy relationship and mending those which are otherwise.</p> <p>Mode of Delivery: Face to Face</p>	<p>This subject focuses on two parts: pastoral ministry and personal development. The first part will focus on becoming more aware of the developmental stage that they are in, for them to better understand themselves and the significant people around them. Using the experiential learning approach, each module invites students to explore specific themes in their development. Personal reflections, sharing, and lectures help reveal and articulate relevant concepts, theories, and tools in different areas in psychology. The second part of the course will focus on guiding and assisting students to create and choose better decision or course of thought that may lead them to outstanding action; enabling every student to develop their potentials and help them achieve their aspirations in life; helping every student to endure and make every circumstance a positive experience looking at it as a blessing; restoring every student to the person whose image and likeness is God through appropriate coaching programme in the context of a happy family; and establishing happy relationship and mending those which are otherwise.</p> <p>Mode of Delivery: Face to Face</p>	<p>This subject focuses on two parts: pastoral ministry and personal development. The first part will focus on becoming more aware of the developmental stage that they are in, for them to better understand themselves and the significant people around them. Using the experiential learning approach, each module invites students to explore specific themes in their development. Personal reflections, sharing, and lectures help reveal and articulate relevant concepts, theories, and tools in different areas in psychology. The second part of the course will focus on guiding and assisting students to create and choose better decision or course of thought that may lead them to outstanding action; enabling every student to develop their potentials and help them achieve their aspirations in life; helping every student to endure and make every circumstance a positive experience looking at it as a blessing; restoring every student to the person whose image and likeness is God through appropriate coaching programme in the context of a happy family; and establishing happy relationship and mending those which are otherwise.</p> <p>Mode of Delivery: Face to Face</p>
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