



DIPLOMA IN SOCIAL SCIENCES IN GERONTOLOGY (T53)

Course Overview

In this rapidly changing world, one thing is certain. The world is ageing and at great speed. By 2050, one in two people will be above 65 years old in Singapore. The complex needs of the aged population are, and will continue, to create many career opportunities, especially in the community care and social service sectors.

The Diploma in Social Sciences in Gerontology (GEM) will equip you with holistic skills in areas such as:

- health promotion
- programme planning
- case management
- non-profit leadership

that will set you on a path of a rewarding career as Community Care Executive, Social Work Assistant, Assistant Care Coordinator and many more!

Our electives also provide you the chance to deepen your skills in allied health support e.g., assistance in social work, physiotherapy, occupational therapy and nursing, offering flexibility to venture into different types of health and social sciences-related work and undergraduate programs.

Join us today to uplift the lives of older adults and the community!



UNIQUE DIPLOMA

The only diploma in Singapore that specialises in holistic management of ageing, from planning programs for healthy agers to mobilising resources to support older adults with complex needs.



IN-DEMAND CURRICULUM

You will gain skills in gerontology, psychology, allied health and social work that will prime you for vital job roles in the rapidly expanding community care and social services sectors.



INDUSTRY-ENDORSED

The diploma is endorsed by key industry leaders who will provide work-based learning opportunities to level up your competitive edge. Look forward to becoming next-generation leaders in the sector.

Entry Requirements

To be eligible for consideration for admission, applicants must obtain 26 points or better for the net ELR2B2 aggregate score (i.e. English Language, 2 relevant subjects and best 2 other subjects, including CCA Bonus Points) and meet the minimum entry requirements of this course. CCA cannot be used to meet the minimum entry requirements.

Subject	Grade
English Language (EL1)*	1-6
Mathematics (E or A)	1-7
Any three other subjects, excluding CCA	1-6
2023 Planned Intake	50
Net ELR2B2 aggregate range (2023 JAE)	9 - 14

To be eligible for selection, applicants must have sat for at least one of the following subjects: Art/ Art & Design, Business Studies, Combined Humanities, Commerce, Commercial Studies, Economics, Geography, Higher Art, Higher Music, History, Introduction to Enterprise Development, Literature in English, Literature in Chinese, Literature in Malay, Literature in Tamil, Media Studies (English)/ Media Studies (Chinese), Music.

Applicants must have also sat for one of these subjects: Additional Mathematics, Art/ Art & Design, Business Studies, Chinese, Combined Humanities, Commerce, Commercial Studies, Creative 3D Animation, Design & Technology, Economics, Elementary Mathematics, Food & Nutrition, Geography, Higher Art, Higher Chinese, Higher Malay, Higher Music, Higher Tamil, History, Introduction to Enterprise Development, Literature in English, Literature in Chinese, Literature in Malay, Literature in Tamil, Malay, Media Studies (English), Media Studies (Chinese), Music, Principles of Accounts, Tamil.

* Sijil Pelajaran Malaysia (SPM)/ Unified Examination Chinese (UEC) holders must have a minimum of grade 6 for the relevant English Language subject (e.g. Bahasa Inggeris).

What You'll Learn

YEAR 1

YEAR 2

YEAR 3

TPFUN

You will start by building your foundational knowledge in Gerontology, Psychology and Sociology. You will then go on to pick up useful skills in Communication, Applied Social Research and Geragogy. You also begin to build a profile of an Older Adult.

Diploma Subjects - Core Subjects

Subject Code	Subject	Credit Units	
GEM1008	Introduction to Gerontology <p>This subject introduces students to the theoretical perspectives and approaches to the study of ageing from various disciplines. It will examine the causes and consequences of ageing at the micro (individual) and macro (population) levels. This involves investigating the social, physical and mental changes humans undergo as they age, as well as the impact of the elderly population on social, economic and political institutions.</p>	4	^
GEM1009	Introduction to Sociology <p>The subject introduces students to the key theoretical perspectives in Sociology. Through these theories, students will examine current and emerging social phenomena. From the systematic study of different social structure e.g. family, work, social control, gender and ethnicity, students will be able to apply sociological concepts to help them explain social life in societies.</p>	4	^
GEM1011	Applied Social Research <p>This subject provides a general understanding of the theory and practice of social science research and presents science as a powerful method of human thinking. The focus is to provide students with the necessary information to understand the importance of research in the field of social science and its applications</p>	4	^

to various settings. Students will learn a systematic way of thinking and knowledge discovery known as scientific inquiry.

GEM1192

Managing Adult Life Transitions

3



This subject covers issues relating to major life transitions that typically occur during mid to later adult life, such as changes to employment and health status. Transition psychology and related theories are examined to recognise how and why individuals respond to such changes. Social constructs, individual choice, 'preparedness' and motivation are considered in view of managing anticipated and unanticipated life events.

GEM1193

Introduction to Health and Social Services

3



This subject introduces the evolution of the health and social service landscape in Singapore, associated challenges and projected trends. Special emphasis is paid to the service and organisational culture unique to the eldercare sector.

GEM1194

Silver Leisure and Lifestyle

4



This subject examines the varying lifestyles of and leisure activities undertaken by the silver population. It focuses on how their evolving profile, characteristics and demographic interacts with current and emerging trends and drives demand for various leisure activities and impacts on supporting industries. Content also includes associations between participation patterns in leisure activities, key types of activities undertaken, social relationships, psychological wellbeing and activities that best contribute to the determinants of active ageing.

GEM2013

Psychology of Ageing

4



This subject provides insights into

geropsychological concepts and theories relating to the adult's adaption to the third and fourth age. Issues relating to the ageing population, improved longevity, and the changing psychological needs and capabilities of older people are examined.

GEM2199

Anatomy & Physiology of Ageing

4



This subject focuses on the biopsychological aspects of ageing and illness. Content will also include selected theoretical perspectives on health, illness and ageing, some of the main disorders and related treatment modalities. Optimal ageing as a concept and emerging technologies for longevity will also be addressed. Related ethical issues will be discussed.

YEAR 1

YEAR 2

YEAR 3

TPFUN

This is a year of exciting practicums and maybe even an overseas trip! You will level up with subjects like Silver Leisure and Lifestyle, Public Health and Programme Planning. Also, enjoy meaningful activities with the GEM Student Interest Group.

Diploma Subjects - Core Subjects

Subject Code

Subject

Credit Units

GEM2019

Physical Activities and Wellness for Older Adults

4



The subject will examine the structural, physiological, psychological, and functional changes occurring during adulthood and the implications of these for the planning and implementation and evaluation of exercise programmes for older adults.

GEM2191

Coaching and Case Management

4



This subject introduces the principles of coaching and case management to assess needs and evaluate options, services and programmes required to meet individual specific needs. Multidisciplinary approaches are introduced and the subject examines

social, cultural and psychological perspectives and appropriate strategies to achieve goals and empower the older adult.

GEM2193

Gerontechnology and Behaviour Design

3



This subject provides students with a deeper appreciation of gerontechnology and how it can be harnessed to improve quality of ageing. Students will learn behaviour design principles that can be used to customize programmes and services to nudge health-promoting behaviours.

GEM2194

Mental Health and Dementia Management

4



This subject examines the aetiology of common mental health disorders in older adults and management approaches. Special attention will be paid to dementia, its impact on the individual, families and society, and techniques to manage associated challenging behaviours.

GEM1195

Programme Planning for Health Promotion

4



This subject provides students with a foundation in programme conceptualisation, organisation, execution and management. Transcending the various principles of project, event and activity development and management, students will examine current and emerging practices. This will include the examination of selected institutions e.g. nursing homes, community centres, tourism agencies, and existing programmes as case studies. Students will plan the design, budgeting, management strategies and evaluation of a programme.

GEM2200

Social Policy in Ageing

4



This subject provides a sociological perspective on the process and

experience of human ageing in modern society, while adopting a context-based approach that employs case studies. Topics include the demographic and political impact of ageing societies, historical and cultural perspectives on ageing, and the major theoretical approaches to the study of ageing. Various social policies and institutions that affect ageing will also be examined. These include social policies on health care, housing, retirement, death, living environments and social support for the aged.

GEM2201

Population Health and Ageing

4



The subject will introduce the key areas of study under public health, with a focus on current and emerging global health challenges impacting older populations across developed and developing countries. Topics will examine patterns, causes and effects of health and diseases in older populations, analyse the efficiency of healthcare services and delivery, and understand the interconnectedness of health of the developed and developing world.

Elective Cluster Subject 1 (Choose One)



Subject Code

Subject

Credit Units

GEM2195

Community Based Nursing Support

6



This subject consists of classroom learning and a practicum component. It provides knowledge and skills required to assess older adults' health status and assist with nursing and care interventions. Students will embark on a practicum to apply the skills learnt and undergo competency-based assessments. Topics include medication administration, assistance with activities of daily living and measurement of vital signs.

GEM2197**Basic Gerontological Counselling****6**

This subject consists of classroom learning and a practicum component. It covers key counselling skills, approaches and interventions commonly used in working with older adults. Students will be equipped with tools to assess, intervene, and provide psychological support to older adults. Students will embark on a practicum to apply the skills learnt and undergo competency-based assessments.

YEAR 1

YEAR 2

YEAR 3

TPFUN



You will hone your culminated knowledge and skills in a Research Project and develop professional skills during your Student Internship. These experiences will prepare you to take on many exciting education and career opportunities upon graduation!

Diploma Subjects - Core Subjects**Subject Code****Subject****Credit Units****GEM2018****Community Development with Older Adults****4**


The subject will provide an understanding of the principles and approaches to community development and how these can be applied to work with older adults to address some of their major challenges. Students will be introduced to the methodologies of community development that will enable them to design intervention programs that also harnesses the potential of older adults.

GEM3193**Leadership Development in Non-Profit Organisations****3**

This subject looks into the skills, roles and responsibilities of an effective team leader in the non-profit sector. Students will be exposed to practical and contextualized learning through job shadowing with relevant organisations.

GEM3194	Advance Care Planning and End of Life Issues This subject will examine psychosocial, legal, ethical and spiritual issues that may arise in the process of dying, and the role that care professionals play in supporting the dying and their families. The subject will also examine the various models of end-of-life care adopted in different countries, with emphasis on person-centred care.	4	
GEM3195	Administration for Non-Profit Organisations This subject teaches the fundamental skills required in junior executive roles in purpose driven entities, especially those in the ageing sector. This also involves examining demonstrated strategies to achieve sustainability in various organisational types such as non-profits, social enterprises and profit-with-a-purpose companies. Topics cover volunteer management and retention, cross sector collaboration, measuring social impact, client-centric values, fundraising, resource mobilisation, risk management, and social innovation.	4	

Elective Cluster Subject 2 (Choose One)

Subject Code	Subject	Credit Units	
GEM2196	Community Based Therapy Support This subject consists of classroom learning and a practicum component. It provides knowledge and skills required to assist with therapeutic exercises and mobility training. Students will embark on a practicum to apply the skills learnt and undergo competency-based assessments. Topics include ambulation and transfers, falls prevention and groupwork facilitation.	6	

GEM2198

Working with Older Adults and Their Families

6



This subject consists of classroom learning and a practicum component. It examines the role of the family in the older person's experience of ageing and approaches to collaborate with the family unit to co-create solutions. Changing norms and values that influence interactional dynamics within the family system will also be explored. Students will embark on a practicum to apply the skills learnt and undergo competency-based assessments.

YEAR 1

YEAR 2

YEAR 3

TPFUN

You will also take this set of subjects that equips you with the crucial 21st-Century life skills you need to navigate the modern world as an agile, forward-thinking individual and team player.

TP Fundamentals (TPFun) Subjects



Subject Code

Subject

Credit Units

GIP3006

Student Internship Programme

12



This structured programme is designed to link your learning with the real work environment. You will be placed in organisation(s) with opportunities to apply the concepts and skills acquired in the course of your study. Besides reinforcing technical concepts and mastering of skills in areas that you have been trained, the practical training will enable you to build important skills such as problem-solving, communication, teamwork, and to cultivate good attitude and a strong work ethic.

GTX1001

Effective Communication

3



This subject introduces the fundamentals of effective communication. It also covers how to communicate with and convince an

audience through writing and speaking tasks. The skills in this subject will include the application of strategies for communication, appropriate vocabulary, language features, visual aids, tone and style. The **Message, Audience, Purpose and Strategy** (MAPS) framework will also be applied when planning and engaging in written and verbal communication. There will be opportunities to communicate and collaborate through active learning activities, apply digital and information literacy skills and build competence through self-directed learning.

GTX1002

Professional Communication

3



This subject covers professional communication skills for the workplace and employability skills in the areas of career preparation. It covers communication and interpersonal skills, including effective virtual communication etiquette, and conducting oneself professionally in the workplace. In addition, essential career preparation skills such as resume writing and interview skills, needed to seek and secure work would be included. The **Message, Audience, Purpose and Strategy** (MAPS) framework would also be applied when engaging in written and verbal communication. There will be opportunities to communicate and collaborate through active learning activities, apply digital and information literacy skills and build competence through self-directed learning.

GTP1301

Current Issues & Critical Thinking

3



This subject covers current issues, including diverse local and global concerns, that will impact lives and may have critical implications for Singapore. There will be opportunities to build competence through self-directed learning, communicate and collaborate in active discussions and objectively analyse issues using digital

and information literacy skills and critical thinking scaffolds.

GTP1201

Career Readiness

1



This subject focuses on personal management skills. It develops an understanding of one's career interests, values, personality and skills for career success. It covers the necessary knowledge, skills and attitudes needed to succeed in the workplace and achieve professional goals. There will be exposure to apply digital and information literacy skills, build competence through self-directed learning methods, and acquire the skills of being a lifelong learner.

GTP1202

Career Management

1



This subject focuses on career management skills. It covers the importance of workplace readiness skills to adapt and respond to the changing job market environment. Career ownership and continuous learning for lifelong employability will be emphasised. There will be exposure to apply digital and information literacy skills, build competence through self-directed learning, and acquire the skills of being a lifelong learner.




GGs1002

Global Studies

3



This subject provides essential skills and knowledge to prepare students for an overseas experience. They will examine the elements of culture and learn the key principles of cross-cultural communication. In addition, they will gain an appreciation and awareness of the political, economic, technological and social landscape to function effectively in a global environment. The subject prepares students to be responsible global citizens and leaders who can contribute to the global community through effective communication and collaboration.

GTP1302	Guided Learning*	3	
<p>The subject introduces students to the concepts and process of self-directed learning in a chosen area of inquiry. The process focusses on four stages: planning, performing, monitoring and reflecting. Students get to plan their individual learning project, refine and execute the learning plan, as well as monitor and reflect on their learning progress and project. The learning will be captured and showcased through a curated portfolio. The self-directed learning project will broaden and/or deepen a student's knowledge and skills. Students will enhance their problem solving and digital literacy skills through this subject.</p>			
GIN1001	Innovation & Entrepreneurship	2	
<p>The subject is designed for learners from all disciplines to embrace innovation in either their specialised field or beyond. Learners will be taught to apply the Design Thinking framework to develop problem statements, ideate and identify feasible solutions. Learners will be exposed to several tools for prototyping. In addition, commercial awareness will be imbued in learners through various innovation and entrepreneurship concepts or tools. This subject also prepares students to be self-directed lifelong learners who are digital and information literate. It nurtures communicative and collaborative citizens who can use objective analysis in problem-solving.</p>			
GTP1101	Leadership Fundamentals	2	
<p>This subject focuses on self-leadership based on the values of integrity, respect, and responsibility. Increasing awareness of self and others will lay the foundations for personal and relationship effectiveness. Consequential thinking, clear articulation of personal values and visions, emphatic listening, and</p>			

collaboration in serving others are some of the essential skills covered in this leadership journey. There will be opportunities to build and to apply the concepts of being a values-centred leader.

GTP1102

Leadership in Action

1



This subject focuses on Service Learning as an experiential platform to apply the tenets of Self and Team Leadership. Service Learning will be the capstone project for this subject, which will require an analysis of the diverse needs of the community, collaboration with community partners and demonstration of learning, including key elements of empathy. There will be opportunities to build and to apply the concepts of being a values-centred leader.

LSW1002

Sports & Wellness

2



The subject enables students to build a good foundation for healthy living. Students will have the opportunity to participate in hands-on practical sessions where they will experience and develop both physical and technical skills in their chosen sports or fitness activities. Through a structured curriculum that facilitates group participation, practice sessions and mini competitions, students will be able to build lifelong skills such as resilience, leadership, communication and teamwork. Physical activity sessions will also be supplemented by health-related topics that span the dimensions of health, such as diet, nutrition, stress and weight management, to provide students with a holistic approach to healthy living. This subject also prepares students to be self-directed and accountable for lifelong learning for good health.

TGS1001

Sustainability & Climate Action*

3



This subject prepares students to be responsible global citizens and future

leaders who can contribute to the global community. It introduces the topics of sustainability and explores how human societies can act to build a sustainable future. This subject focuses on the impact of climate change, potential solutions to climate change, and the future of the green economy from global and local perspectives.

* Students must choose to take either **Sustainability & Climate Action** or **Guided Learning**.

GRADUATION REQUIREMENTS

TPFun Subjects	36 credit units
Diploma Subjects - Core Subjects	84 credit units
Total Credit Units Completed	min 120 credit units