

**GetActive! Singapore**  
**Active Enabler Sports Expertise**  
**Frequently Asked Questions (FAQs)**

**1. What is this 'Active Enabler Sports Expertise' about?**

The 'Active Enabler Sports Expertise' aims to support you in your organisation of a fitness activity through the provision of instructors or curated programmes at either your own venue, or SportSG's proposed venues.

**2. How does the 'Active Enabler Sports Expertise' work?**

The 'Active Enabler Sports Expertise' can be offered at your venue or at SportSG's proposed venues (subject to venue availability). The list of SportSG venues will be confirmed at a later date.

You can choose your activity from the list of fitness offerings under the ***Annex - Active Enabler Sports Expertise***. If you are uncertain if the activity is suitable for you, kindly email us at:

[ActiveEnabler@sport.gov.sg](mailto:ActiveEnabler@sport.gov.sg)

**3. When can I apply for the Active Enabler Sports Expertise?**

You may refer to website for the application period.

**4. Can I apply for more than one 'Active Enabler Sports Expertise'?**

Each Organisation/Group can submit up to maximum 3 sessions 'Active Enabler Sports Expertise' for one application.

**5. Is there a minimum and maximum participation outreach for eligibility to apply for 'Active Enabler Sports Expertise'?**

Yes, there is a minimum requirement of 20 pax per session.

**6. What is a typical Sports Expertise session like?**

Your participants are encouraged to arrive about 10 to 15 minutes before the session starts so that the instructor can begin the session at the pre-agreed time. The session will typically start with a gentle warm-up session (Active Health – Make Every Move Count) followed by the actual workout, and then a cool-down period.

**7. My participants are very new to Sports Expertise. How will I know if we can keep up?**

Instructor(s) may offer modifications for exercises that are too difficult for individual students, and may be able to answer questions during class as well as to provide motivation.

**8. How long is the duration of a Sports Expertise session?**

A Sports Expertise session is typically between 50-60 minutes, depending on the format.

**9. How many Instructors will I be assigned for the Sports Expertise session?**

We will assign instructors to you in accordance with the pre-determined ratio of instructor to participants.

**10. What else do I need to know before I apply for 'Active Enabler Sports Expertise'?**

For activities held at own suggested venue, applicants will be required to secure the venue and ensure the venue is fit for use. The venue should also have suitable sound systems and any other equipment (e.g., sports equipment, wireless headsets) necessary to facilitate the activity. You will be notified in advance on the requirements of these provisions.

**11. How will I know if I will get a sports expertise at the date and time requested in my application?**

Applicants will be contacted by the Active Enabler Programme Secretariat once your application has been received.

### **Annex – Sport Expertise Programme**

\*The following listed below are People With Disabilities (PWD) friendly.

1	High Intensity Interval Training (HIIT)*
2	Kickboxing*
3	KpopX Fitness*
4	K-Kardio*
5	U Jam Fitness*
6	Zumba*
7	Line Dancing*
8	Low Impact Aerobics*
9	Pilates*
10	Tai Chi*
11	Yoga*
12	Circuit Training*
13	Bollyobics*
14	Fight Do*
15	Hot Hula
16	Salsation*
17	Bokwa*
18	Qigong*
19	Aqua Aerobics
20	IPPT Training*
21	Functioning Training*
22	Piloxing*
23	Make Every Move Count Workshop by Active Health

## **Make Every Move Count Workshop by Active Health**

Measure up and assess how well you move! Learn how incorporating a variety of movements through a 4Q model can improve your physical fitness and movement competency in a fun way.

### **1. What is this workshop about?**

The Make Every Move Count workshop by Active Health features simple movement assessments and strategies to improve movement competency through the concept of 4Q and interactive activities using the Active Health Play Mat. Regardless of age and ability, you will benefit from moving more! Movement assessments such as the Y-Balance would be introduced to test how well you are moving as you work towards the recommended physical activity guidelines. This assessment challenges your upper and lower body mobility and stability within multi-directional movement and provides a holistic indication of your movement competency and how you move.

‘Moving more’ is not uncommon to all, yet not many know the key to maximising the benefits. A 4Q model will be introduced to create awareness of your movements and improve competency through movement variation. This 4Q model categorises your movement based on single or multi-directional and whether it’s solely bodyweight or using any external resistance. Each quadrant has its unique benefits and mixing your activities up offsets the repetitiveness of activity, decreasing your potential of any pains and injuries.

Intrigued to find out more? Experience these movements for yourself and weave them into your routines to make every move count!

### **2. What is the Active Health Play Mat used for?**

It is a multi-purpose mat which allows you Assess for Fitness, Step for Fitness, and Play for Fitness. You can discover your fitness and movement competency through simple assessments (e.g. Sit-and-Reach, Curl-Up, Y-Balance), and fun activities (e.g. Sport and Ladder – a traditional Snake and Ladder games with exercises incorporated) with your family and friends. Visit [go.gov.sg/activehealth-playmat](https://go.gov.sg/activehealth-playmat) for more information.

These assessments assess your balance, flexibility, and muscular endurance, which are essential for your daily living, while the exercises and activities help build strength, and improve sensorimotor skills and cognition.

### **3. Is the workshop a physical or virtual session?**

Workshops for organisation will be conducted virtually. If your company is keen to participate in physical workshops, you may indicate interest to participate physically at the Anchorsite located at Sportshub during 1 – 5 Aug (see below for dates and timeslots). However, please note that these are combined and not exclusive sessions.

If any individuals are interested in a physical session, he/she can also sign up for the public workshop at our Active Health Lab, that is capped at 20 participants or as guided by the latest safe measurements advisory.

### **4. Do I need to pay for the workshop?**

No, the workshop is complimentary.

**5. Which virtual platform will be used?**

Zoom platform is preferred. If the company prefers to use other platforms such as WebEx or Microsoft Teams, a dry-run will be conducted at least 2 days before the session. To ensure smooth operations, it is necessary for companies' POC to sign in at least 30 minutes before the session.

**6. What is the minimum / maximum number of participants per workshop?**

A minimum of 25 participants is required to start a workshop, which is capped at a maximum of 300 participants per session.

Note that this is not exclusive; more than 1 company may join the same session.

**7. My company is small, and we are unable to hit the minimum requirement of 25 participants. Can we still attend the workshop?**

Yes, your company may join any existing sessions. Alternatively, your staff may sign up individually as a public member.

**8. My company is huge. Can I request for more than 1 session of 300 pax?**

Each company is limited to 1 session or multiple sessions of up to 300 pax. Exceptions may be considered.

**9. How can I apply for an exclusive session?**

An option to take up an exclusive session will only be given to companies with more than 100 registered participants.

**10. How many Play Mats will be given?**

Each registered participant will be given 1 play mat.

**11. Where and how can I collect the play mat?**

Company to arrange for courier pick-up from designated warehouse if it is a virtual workshop (address to be furnished at a later date upon confirmation of session). The courier fee will be paid for by your company.

Play mats will be provided on-site if it is a physical workshop.

## 12. What are the workshop schedules?

### Virtual Sessions

Date	Time
23 <sup>rd</sup> July 2022, Saturday	4pm – 5pm
26 <sup>th</sup> July 2022, Tuesday	2.30pm – 3.30pm
28 <sup>th</sup> July 2022, Thursday	6.30pm – 7.30pm
3 <sup>rd</sup> August 2022, Wednesday	3pm – 4pm
5 <sup>th</sup> August 2022, Friday	3pm – 4pm
10 <sup>th</sup> August 2022, Wednesday	2:30 pm – 3.30pm
12 <sup>th</sup> August 2022, Friday	9am – 10am
13 <sup>th</sup> August 2022, Saturday	10am – 11am
16 <sup>th</sup> August 2022, Tuesday	2.30pm – 3.30pm
18 <sup>th</sup> August 2022, Thursday	6.30pm – 7.30pm
24 <sup>th</sup> August 2022, Wednesday	3pm – 4pm
26 <sup>th</sup> August 2022, Friday	3pm – 4pm
27 <sup>th</sup> August 2022, Saturday	4pm - 5pm
28 <sup>th</sup> August 2022, Sunday	12 pm – 1pm
29 <sup>th</sup> August 2022, Monday	4pm - 5pm
31 <sup>st</sup> August 2022, Wednesday	4pm – 5pm

### Physical Sessions at Anchorsite at Sportshub

1 <sup>st</sup> August 2022, Monday	11.30am – 12.30pm
1 <sup>st</sup> August 2022, Monday	1pm – 2pm
2 <sup>nd</sup> August 2022, Tuesday	11.30am – 12.30pm
2 <sup>nd</sup> August 2022, Tuesday	1pm – 2pm
3 <sup>rd</sup> August 2022, Wednesday	11.30am – 12.30pm
3 <sup>rd</sup> August 2022, Wednesday	1pm – 2pm
4 <sup>th</sup> August 2022, Thursday	11.30am – 12.30pm
4 <sup>th</sup> August 2022, Thursday	1pm – 2pm
5 <sup>th</sup> August 2022, Friday	11.30am – 12.30pm
5 <sup>th</sup> August 2022, Friday	1pm – 2pm

### Physical Sessions at Active Health Labs (AHL)

26 <sup>th</sup> July 2022, Tuesday	3pm - 4pm	Sengkang Sport Center AHL
26 <sup>th</sup> July 2022, Tuesday	4pm - 5pm	Jurong East Sport Center AHL
27 <sup>th</sup> July 2022, Wednesday	10.45am - 11.45am	Decathlon Kallang AHL
27 <sup>th</sup> July 2022, Wednesday	4pm - 5pm	Heartbeat@Bedok AHL
27 <sup>th</sup> July 2022, Wednesday	4pm - 5pm	Bishan Sport Center AHL
29 <sup>th</sup> July 2022, Friday	3pm - 4pm	Admiralty Medical Center AHL
2 <sup>nd</sup> August 2022, Tuesday	4pm - 5pm	Jurong East Sport Center AHL
3 <sup>rd</sup> August 2022, Wednesday	2.30pm - 3.30pm	Our Tampines Hub AHL

4 <sup>th</sup> August 2022, Thursday	9am - 10am	Admiralty Medical Center AHL
10 <sup>th</sup> August 2022, Wednesday	2.30pm - 3.30pm	Our Tampines Hub AHL
10 <sup>th</sup> August 2022, Wednesday	3pm - 4pm	Sengkang Sport Center AHL
11 <sup>th</sup> August 2022, Thursday	6.30pm - 7.30pm	Decathlon Kallang AHL
12 <sup>th</sup> August 2022, Friday	4pm - 5pm	Bishan Sport Center AHL
16 <sup>th</sup> August 2022, Tuesday	4pm - 5pm	Jurong East Sport Center AHL
17 <sup>th</sup> August 2022, Wednesday	2.30pm - 3.30pm	Our Tampines Hub AHL
17 <sup>th</sup> August 2022, Wednesday	3.30pm - 4.30pm	Heartbeat@Bedok AHL
19 <sup>th</sup> August 2022, Friday	4pm - 5pm	Bishan Sport Center AHL
24 <sup>th</sup> August 2022, Wednesday	3pm - 4pm	Sengkang Sport Center AHL
24 <sup>th</sup> August 2022, Wednesday	3.30pm - 4.30pm	Heartbeat@Bedok AHL
25 <sup>th</sup> August 2022, Thursday	10.45am - 11.45am	Decathlon Kallang AHL
26 <sup>th</sup> August 2022, Friday	4pm - 5pm	Admiralty Medical Center AHL

I still have questions. Who can I speak to?

Please feel free to contact us at email: [ActiveEnabler@sport.gov.sg](mailto:ActiveEnabler@sport.gov.sg)