



Yong Loo Lin
School of Medicine

STUDY PLAN

MASTER OF SCIENCE IN
HUMAN POTENTIAL AND
PERFORMANCE (MSc HPP)



PROPOSED STUDY PLAN

Students can refer to the following tentative provisional timetable for the programme:

Semester 1 (Aug - Dec)		Semester 2 (Jan - May)	
Core Courses			
HPP5001	Applied Neuroscience and Brain Health	HPP5003	Sleep for Human Performance
HPP5002	Biopsychosocial Strategies for Mental Health and Performance	HPP5005	Quantitative Methods in Human Potential and Performance Research
HPP5004	Nutritional Physiology for Health and Performance		
Elective Courses			
HPP5111	Behavioural & Cognitive Neuroscience	HPP5112	Advanced Topics in Neuroscience: Metaplasticity and Brain Function
HPP5123	Human Motivation	HPP5124	Applied Psychology for Peak Performance
NLM5006	Exercise as Medicine	HPP5135	Physiology in Challenging Environments
		HPP5188	Master's Project

- Compulsory elective courses for **Applied Neuroscience** specialisation
- Compulsory elective courses for **Performance Psychology** specialisation
- Compulsory elective courses for **Applied Physiology** specialisation
- Compulsory Master's Project for **ALL** specialisation

In addition to the compulsory elective courses for the chosen specialisation, students must select two further elective courses from other specialisations to meet the required credits for graduation.

APPLY NOW



For more information about the programme, please visit our [webpage](#)
or contact us via email at phmsc@nus.edu.sg