NUS National University of Singapore | Yong Loo Lin School of Medicine

MASTER OF SCIENCE IN

HUMAN POTENTIAL AND PERFORMANCE

Scientific Approaches in Maximising Human Potential and Performance

WELCOME TO THE MASTER OF SCIENCE IN HUMAN POTENTIAL AND PERFORMANCE

In a world where human capital is the ultimate competitive advantage, the ability to unlock human potential and peak performance is more crucial than ever. This programme is designed for professionals ready to lead the way, offering a unique curriculum that integrates cutting-edge fields of neuroscience, psychology, and physiology.

The demand for experts who can translate this integrated knowledge into practical results is surging across vital sectors — from elite sports and military to corporate wellness, education, and healthcare.

Our programme directly addresses this skill gap, preparing you to become highly sought-after leaders capable of driving tangible improvements in human capability.

You will learn from world-class faculty and collaborate with a cohort of ambitious peers in a dynamic and supportive environment. We will equip you with the scientific foundation and practical tools to become an influential force in maximising human potential. Join us to elevate your skills and advance your career.

We look forward to welcoming you and supporting your journey to the forefront of this exciting field.

Professor John Wang Chee Keng

Programme Director,
MSc in Human Potential and Performance

Department of Physiology,
NUS Yong Loo Lin School of Medicine

Associate Professor Jason Lee Kai Wei

Co-Programme Director,
MSc in Human Potential and Performance

Department of Physiology,
NUS Yong Loo Lin School of Medicine

PROGRAMME AT A GLANCE

The Master of Science in Human Potential and Performance (MSc HPP) at the NUS Yong Loo Lin School of Medicine is a coursework-based programme designed to help you understand and optimise human performance.

Offered through three specialisations — Applied Neuroscience, Performance Psychology, and Applied Physiology — it addresses the growing demand for strategies to maximise human potential and is aligned with the Research, Innovation and Enterprise 2025 and 2030 Plans' priorities under the Human Potential domain.

The unique curriculum combines theoretical foundations with practical, real-world applications. You will explore how to learn more effectively through neuroscience, enhance health and fitness in challenging environments through physiology, and achieve peak performance through psychology. This interdisciplinary approach helps you develop a comprehensive understanding of how cognitive function, physical performance, and mental well-being interact.

You will also gain the knowledge and skills to apply these principles and implement evidence-based strategies in diverse settings, including education, human resources, clinical environments, military, sports, and wellness. By understanding the science behind performance, you will be equipped to improve mental and physical capabilities in yourself and others.

Empower Peak Human Performance

Learn to help individuals — from professionals to elite athletes — reach their full potential in a fast-changing world.

Understand Barriers to Performance

Identify and address the cognitive (brain), psychological (mind), and physiological (body) factors that impact peak performance.

Integrate Science into Real-World Practice

Apply neuroscience, psychology, and physiology to design evidence-based solutions that enhance effectiveness, adaptability, and well-being of those they serve in professional, organisational, and sporting contexts.

World-Class Faculty

Learn from and collaborate with industry and clinical leaders for hands-on experience and real-world insights.

Internationally Recognised Master's Degree

Receive a world-class education at Asia's leading medical school, and take your career further with in-demand expertise and global recognition.

STUDY MODE

Full-time 1 year

Part-time 2 years

TUITION FEES

For AY2027/2028:

S$60,650 (incl. GST)

PROGRAMME STRUCTURE

Core Courses	Specialisation		
Complete 5 core courses	**Applied Neuroscience**	**Performance Psychology**	**Applied Physiology**
HPP5001 Applied Neuroscience and Brain Health HPP5002 Biopsychosocial Strategies for Mental Health and Performance HPP5003 Sleep for Human Performance HPP5004 Nutritional Physiology for Health and Performance HPP5005 Quantitative Methods in Human Potential and Performance Research	**Complete 5 elective courses to graduate with a specialisation** ▸ Complete **2 compulsory elective courses** from your chosen specialisation ▸ Complete **1 Master's Project** from your chosen specialisation ▸ Choose and complete **2 elective courses** from other specialisations		
20 units in total	**20 units in total**		
Total: 40 Units To Graduate			

Explore the programme curriculum, study plan, and other details on our programme webpage.

CORE COURSES

HPP5001 **Applied Neuroscience and Brain Health**	▸ Examine neural processes that govern development, learning, and mental well-being ▸ Explore the science of neuroplasticity and gain practical strategies to foster cognitive resilience, enhance learning, and protect brain health against the pressures of modern life
HPP5002 **Biopsychosocial Strategies for Mental Health and Performance**	▸ Understand the critical interplay between biological factors (genetics, physiology), psychological states (resilience, motivation), and social environments (culture, support systems) ▸ Design sophisticated, holistic strategies that build true mental resilience and drive sustainable success
HPP5003 **Sleep for Human Performance**	▸ Learn the physiological and neurobiological foundations of sleep ▸ Analyse sleep patterns and study the impact of sleep on memory consolidation, emotional regulation, and physical recovery ▸ Design evidence-based interventions that optimise sleep to boost cognitive and physical performance
HPP5004 **Nutritional Physiology for Health and Performance**	▸ Discover the powerful link between diet, metabolism, and cognitive function ▸ Investigate how the brain regulates appetite and communicates with the body's systems, and how specific nutritional strategies can enhance mental clarity and mood ▸ Design lifestyle and dietary interventions that create a foundation for sustained peak performance
HPP5005 **Quantitative Methods in Human Potential and Performance Research**	▸ Gain quantitative skills to design, measure, and validate human performance interventions ▸ Master study design, statistical analysis, and data interpretation methodologies ▸ Build a foundation to lead evidence-based practice and demonstrate measurable impact

For the full breakdown of core and elective courses, visit our programme webpage.

CAREER POSSIBILITIES

- Consultant
- Educator
- Policy Maker
- Sport Coach
- Researcher
- Performance Coach
- Sport Scientist
- Sport Technologist
- Corporate Wellness Manager
- Military Performance Coach

TRUSTED VOICES

"I see (the MSc HPP) as an eminent programme in Singapore in imbuing applied neuroscience, performance psychology, and applied physiology to its students. Those who wish to develop themselves or others to maximise performance in areas like work, education, military, and sport students will benefit from this."

- BG (Dr) Lee Wei Ting

Chief of Medical Corps for Singapore Armed Forces (SAF)

"I believe that this outstanding programme is timely and will provide a fascinating vision into human potential and performance. Unlike most other programmes that address human potential from a psychological and social perspective, the MSc HPP comes from a unique (and in my opinion, more complete) perspective, integrating basic sciences with psychology."

- Professor Neil Osheroff

Member of NUS Yong Loo Lin School of Medicine Visiting Committee

WHO SHOULD APPLY?

The programme welcomes **local and international** applicants from diverse academic and professional backgrounds. It is ideal for:

Coaches, trainers, and consultants

in high-performance industries looking to apply neuroscience, psychology, and physiology in practice

Military, tactical, or emergency service professionals

seeking to enhance physical and cognitive performance under pressure

Educators and technologists

interested in applying science-backed strategies to improve learning, recovery, or performance

Aspiring researchers and academics

in fields related to human potential and performance

KEY ADMISSION REQUIREMENTS

Academic and Professional Background

Bachelor's degree (preferably a four-year programme with Honours) in any field, with subjects related to either psychology, physiology, or neuroscience

Applicants holding a three-year Bachelor's degree (without Honours) should have at least one year of relevant experience

Language Proficiency

International applicants whose undergraduate education was not conducted in English must demonstrate proficiency with a minimum TOEFL score of 85 (Internet-based) or an IELTS Academic score of 6.0

Please note that admission is competitive, and meeting the minimum criteria does not guarantee entry into the programme.

REQUIRED DOCUMENTS FOR APPLICATION

- Statement of Intent showcasing academic strength, research interests, motivation to study, and long-term development goals
- Curriculum Vitae (CV) providing an overview of relevant experience, skills and qualifications, and accomplishments
- Degree Certificate and University Transcripts
- TOEFL / IELTS Scoresheet (if applicable)
- Financial Support Documents

Visit our programme webpage for the full list of supporting documents required for your application.

UPCOMING INTAKE

August 2027

APPLICATION PERIOD

1 November 2026 - 28 February 2027

FEE REBATES AND FUNDING

- Up to 90% SkillsFuture Singapore (SSG) funding on core courses for eligible Singaporeans and Singapore PRs
- Tuition fees may be offset using SkillsFuture Credit

For the most up-to-date information on tuition fees, payment schedule, and available grants or funding support, please visit our programme webpage.

DEPARTMENT OF PHYSIOLOGY

The Department of Physiology is home to a diverse and dynamic group of faculty members, researchers, and students who are passionate about advancing the field of physiology and beyond. It fosters a collaborative and inclusive environment where high-quality education and cutting-edge research go hand in hand. Faculty members are committed to mentoring the next generation of scientists and healthcare professionals.

The department offers a comprehensive range of programmes designed to equip students with the knowledge, skills, and critical thinking abilities required to excel in their careers. Whether you are an undergraduate embarking on your first steps in the biomedical sciences, a graduate student pursuing advanced research, or a postdoctoral fellow seeking to deepen your expertise, the department provides the resources and support you need to achieve your goals.

Learn more about the Department of Physiology at https://medicine.nus.edu.sg/phys

For updates and news, follow NUS Physiology on

NUS National University of Singapore | Department of Physiology
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THE NUS MEDICINE ADVANTAGE

1st — QS & THE (Asia)

13th — THE (World)

17th — QS (World)

At the National University of Singapore (NUS), students receive a world-class education at one of the top global universities. The Yong Loo Lin School of Medicine is Asia's leading medical school, offering an exceptional opportunity to pursue advanced medical education.

Known for producing healthcare professionals who are innovators and leaders, its global reputation, paired with its focus on fostering critical thinking and innovation, makes its graduates highly sought after in both research and clinical settings. A master's degree from NUS Medicine is an investment in a future of leadership, expertise, and meaningful impact in the healthcare industry.

Statistics Source: Times Higher Education (THE) World University Rankings by Subject 2026: Medical and Health and Quacquarelli Symonds (QS) World University Rankings by Subject 2026: Medicine

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SCAN QR TO START YOUR APPLICATION

Master of Science in Human Potential and Performance (MSc HPP)

For general enquiries, please email **dgsmarketing@nus.edu.sg**
For programme-specific enquiries, please contact **ask-hpp@nus.edu.sg**

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