

Fitness for Life (FFL) Selection Step-By-Step Guide

1. Log into student portal – **myNYP Portal** (<https://mynypportal.nyp.edu.sg>) - using:
 - Log-in ID: Your NYP email address
 - PW: Your Password



NYP Email | FAQ | Forgot Password? | Student Handbook



VISITING OUR INFORMATION & SERVICE CENTRE FOR ENQUIRIES?

Click here to get your queue number on the move via our Online Queue System.

Visiting i@Central? Get Your Queue On The Move @CENTRAL

If you need a listening ear, come speak to our counsellors.

Bursaries Available

@CENTRAL

2. Once you are logged into the Student Portal, go to **e-Services > Academic Matters > Course Related > Select Fitness for Life Learning Units.**



Academic Results Proceed	Course Related Proceed
Submit Statement of Absence Proceed	Student Attendance System Launch
Transcripts and Certificates Proceed	Timetables and Exams Proceed



Register Learning Unit(s) To register learning unit(s). Proceed	View Learning Unit(s) To view learning unit(s) registered for this semester. Proceed
View Personal Mentor & Tutors To view contact details of your personal mentor and learner unit tutors. Proceed	Select Specialisation To select specialisation programmes or electives for current semester. Proceed
Select Fitness for Life Learning Units To select Fitness for Life Learning Units Proceed	Select Pgm Prescribed Learning Unit(s) To select pgm prescribed elective learning units Proceed

3. Rank and select your preferred Sports & Wellness Activity from the dropdown list.

For example, if AB-AEROBICS is your top choice, then rank the activity as '1'. Click submit when you have done.

Choice	Learning Unit Grp-Learning Unit Grp Description	Instructions
<input type="text" value="1"/>	<input type="text" value="EGX102-AB-AEROBICS"/>	<input type="text"/>
<input type="text" value="2"/>	<input type="text" value="EGX102-BB-BASKETBALL"/>	<input type="text"/>
<input type="text" value="3"/>	<input type="text" value="EGX102-BM-BADMINTON"/>	<input type="text"/>
<input type="text" value="4"/>	<input type="text" value="EGX102-DA-DANCE"/>	<input type="text"/>
<input type="text" value="5"/>	<input type="text" value="EGX102-KB-CARDIO KICKBOXING"/>	<input type="text"/>
<input type="text" value="6"/>	<input type="text" value="EGX102-KK-K-KARDIO"/>	<input type="text"/>
<input type="text" value="7"/>	<input type="text" value="EGX102-NB-NETBALL"/>	<input type="text"/>
<input type="text" value="8"/>	<input type="text" value="EGX102-SR-SOCCER"/>	<input type="text"/>
<input type="text" value="9"/>	<input type="text" value="EGX102-SW-SWIMMING"/>	<input type="text"/>
<input type="text" value="10"/>	<input type="text" value="EGX102-TT-TABLE TENNIS"/>	<input type="text"/>
<input type="text" value="11"/>	<input type="text" value="EGX102-UF-ULTIMATE FRISBEE"/>	<input type="text"/>
<input type="text" value="12"/>	<input type="text" value="EGX102-VB-VOLLEYBALL"/>	<input type="text"/>
<input type="text" value="13"/>	<input type="text" value="EGX102-YG-YOGA"/>	<input type="text"/>
<input type="text" value="14"/>	<input type="text" value="EGX102-ZB-ZUMBA"/>	<input type="text"/>

Submit

Reset

4. The latest list of activity options is summarised below for your reference:

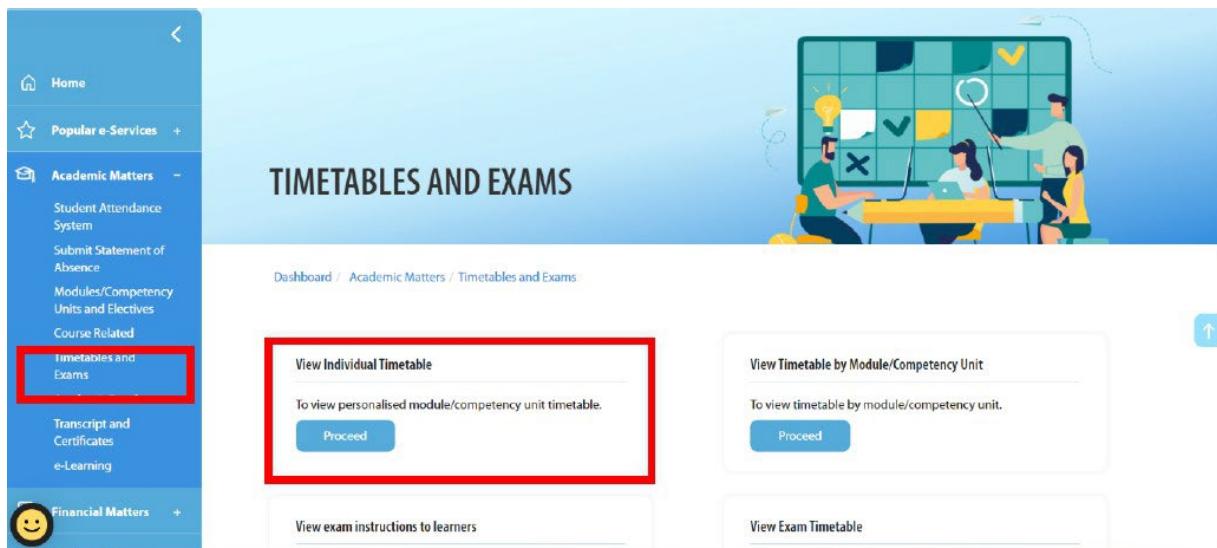
No.	Activity	Module Group Code
1	Aerobics	AB
2	Badminton	BM
3	Basketball	BB
4	Cardio Kickboxing	KB
5	Dance	DA
6	K-Kardio	KK
7	Netball	NB
8	Soccer	SR
9	Swimming	SW
10	Table Tennis	TT
11	Ultimate Frisbee	UF
12	Volleyball	VB
13	Yoga	YG
14	Zumba	ZB

5. Upon clicking the submit button, the system will show this message:

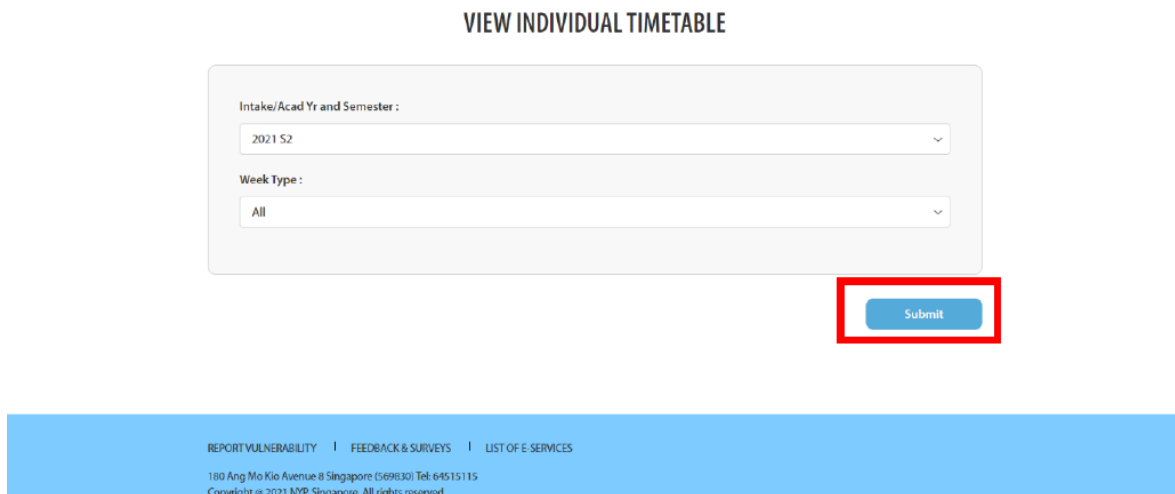
LS LEARNING UNIT SELECTION

Your choices for FFL learning unit group selection have been saved successfully.
Thank You!

- Please check your timetable at 5pm on the Friday of the first week of the semester to find out the FFL activity that you have been allocated to.
- To view your timetable, go to the student portal and select **Academic Matters > Timetables and Exams > View Individual Timetable**.



- Enter the **Intake/Acad Yr and Semester** to view individual timetable. Click the **Submit** button to proceed.



- You should be able to see the FFL activity selected in your timetable.

*** End of Guide ***