

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

1. **[IMPORTANT]** Before you commence, do note that FFL registration is subject to the following factors:
 - The order of your (activity) choices
 - Demand and availability of the activity that you have selected
2. **[IMPORTANT]** If the activity you have selected is oversubscribed, allocation is determined by a balloting mechanism, meaning that if two or more learners have selected the same activity at the same preference ranking and there are insufficient vacancies to accommodate all of them, places will be allocated by **random ballot**.
3. 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](#) | [Login](#)

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

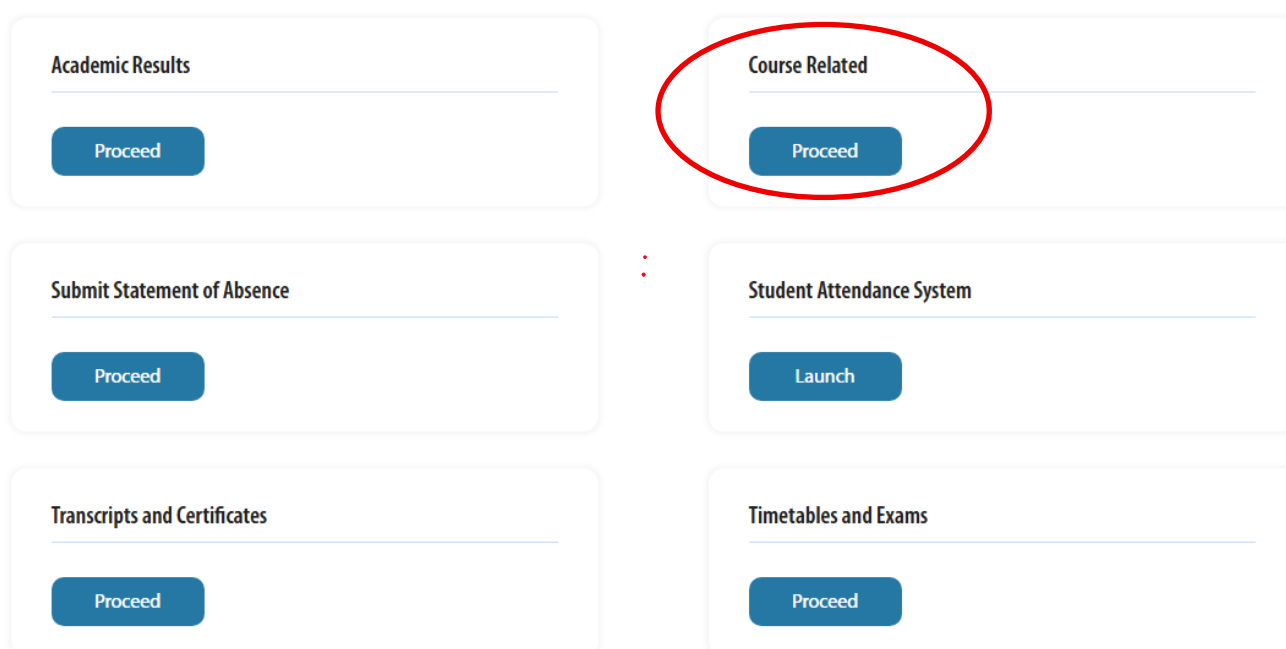


@CENTRAL

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



Home / Dashboard / Academic Matters



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

5. 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
1	EGX102-AB-AEROBICS	
2	EGX102-BB-BASKETBALL	
3	EGX102-BM-BADMINTON	
4	EGX102-DA-DANCE	
5	EGX102-KB-CARDIO KICKBOXING	
6	EGX102-KK-K-KARDIO	
7	EGX102-NB-NETBALL	
8	EGX102-SR-SOCCER	
9	EGX102-SW-SWIMMING	
10	EGX102-TT-TABLE TENNIS	
11	EGX102-UF-ULTIMATE FRISBEE	
12	EGX102-VB-VOLLEYBALL	
13	EGX102-YG-YOGA	
14	EGX102-ZB-ZUMBA	

Submit

Reset

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

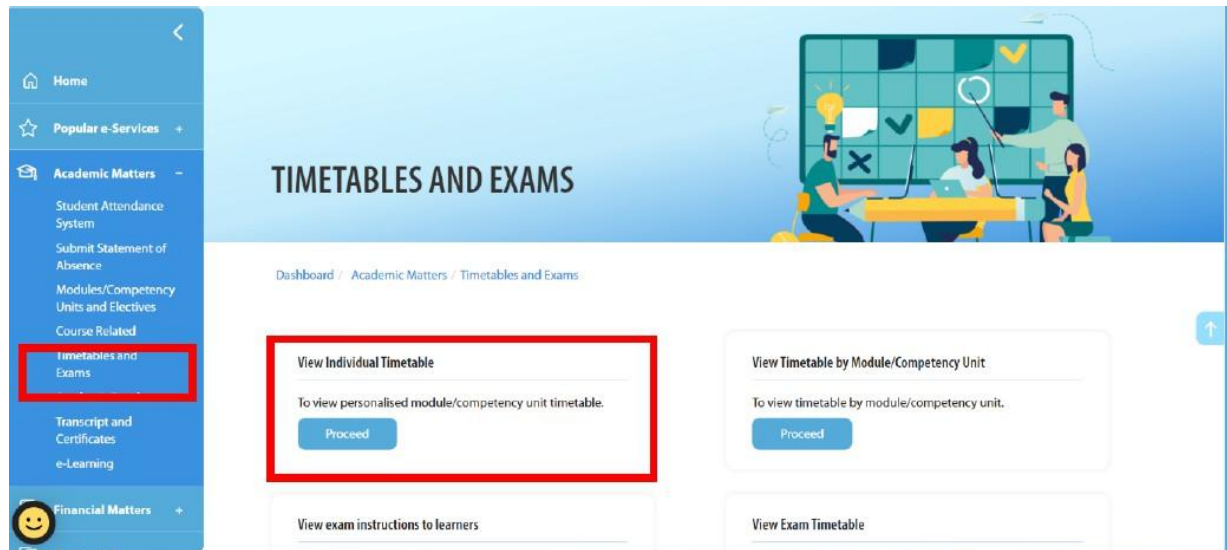
No.	Activity	Module Group Code
1	Aerobics	AB
2	Badminton	BM
3	Basketball	BB
4	Cardio Kickboxing	KB
5	Dance	DA
6	K-Kardio	KK
7	Netball	NB
8	Soccer	SR
9	Swimming	SW
10	Table Tennis	TT
11	Ultimate Frisbee	UF
12	Volleyball	VB
13	Yoga	YG
14	Zumba	ZB

7. 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!

8. 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.
9. To view your timetable, go to the student portal and select **Academic Matters > Timetables and Exams > View Individual Timetable**.



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

VIEW INDIVIDUAL TIMETABLE

Intake/Acad Yr and Semester :

2021 S2

Week Type :

All

Submit

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

*** End of Guide ***