



## ISA Certified Strength and Conditioning Specialist Course (Leading to National Strength and Conditioning Association Certification)



Certified Strength and Conditioning Specialists (CSCSs) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate.

<b>Course Duration</b>	35 hours over 3 weekends (Sat & Sun)
<b>Course Dates</b> (Next Intake)	5, 6, 12, 13, 19 & 20 Sep 2020
<b>Course Fees</b>	\$2,100.00 (inclusive of course materials and examination fees)
<b>Entry Requirements</b>	<ul style="list-style-type: none"> <li>• Any Bachelor's Degree OR</li> <li>• Chiropractic / Medicine Degree granted by an accredited institution AND</li> <li>• Valid CPR-AED Certification</li> </ul>
<b>Continuing Education Credits</b> (if applicable)	10 CoachSG CCE Hours awarded upon completion
<b>Registration Deadline</b>	1 Sep 2020, 6pm

☎ (65) 6423 0668

✉ info@isa.edu.sg

🏠 1 Stadium Place #01-11 (S) 397628

🌐 www.isa.edu.sg



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## Course Objectives

Upon successful completion of the course, participants will understand:

- Structure and Function of the Muscular, Neuromuscular, Cardiovascular and Respiratory System
- Bioenergetics of Exercise and Training
- Endocrine Responses to Resistance Exercise
- Biomechanics of Resistance Exercise
- Adaptations to Anaerobic and Aerobic Training Programs
- Age and Sex Related Differences and Their Implications for Resistance Exercise
- Psychology of Athletic Preparation and Performance
- Performance Enhancing Substances
- Nutritional Factors in Health and Performance
- Principles of Test Selection and Administration
- Administration, Scoring, and Interpretation of Selected Tests
- Warm-Up, Stretching, Resistance Training and Spotting Techniques
- Plyometric Training, Speed, Agility and Speed-Endurance Development
- Periodization, Rehabilitation and Reconditioning
- Facility Organization, Risk Management, Policy Development and Procedures Manual

## Course Syllabus

Please refer to pages 3-4 for detailed course syllabus and class schedule.

## Award

Upon completion of the course, each participant will be awarded

1. **ISA Certificate of Completion for ISA Certified Strength and Conditioning Specialist Course**
2. **NSCA Certificate for Certified Strength and Conditioning Specialist**

## Venue

### International Sports Academy

1 Stadium Place, Kallang Wave Mall, #01-11  
Singapore 397628  
(opposite beach volleyball courts)

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## Detailed Content Outline

### SCIENTIFIC FOUNDATIONS (1.5 hours)

1. Exercise Science	44 questions
2. Sport Psychology	19 questions
3. Nutrition	17 questions
4. Non-scored Questions	15 questions

**Total for Scientific Foundations 95 questions**

### PRACTICAL / APPLIED (2.5 hours)

1. Exercise Techniques	44 questions
2. Program Design	19 questions
3. Organisation and Administration	17 questions
4. Testing, Ongoing Monitoring and Data Evaluation	20 questions
5. Non-scored Questions	15 questions

**Total for Practical / Applied 125 questions**

## Course Schedule

Due to new measures announced for COVID-19 and Phase 2 in Singapore, theory components that was originally meant to be delivered face to face will now be delivered via Zoom. Practical components from each week will be compiled over 2 sessions and delivered face to face to minimise the requirement to head to ISA Campus for all sessions (as per previous format). For this intake, students are only required to head to ISA Campus in small groups (in adherence to the current measures) for the 2 practical sessions.

Day	Topics	Schedule
1 (Theory)	Introduction & Preparation Strategies  <b>SCIENTIFIC FOUNDATIONS</b> <ul style="list-style-type: none"> <li>• <b>Exercise Science</b> <ul style="list-style-type: none"> <li>○ Anatomy &amp; Physiology</li> <li>○ Bioenergetics &amp; Metabolism</li> <li>○ Neuroendocrine Physiology</li> <li>○ Adaptations to Anaerobic Training Programs</li> </ul> </li> </ul>	<u>Delivered via Zoom</u> Date: 5 Sep 2020 (Sat) Time: 9.30am – 5.30pm (7hr + 1hr lunch break)
2 (Theory)	<b>SCIENTIFIC FOUNDATIONS</b> <ul style="list-style-type: none"> <li>• <b>Exercise Science</b> <ul style="list-style-type: none"> <li>○ Adaptations to Aerobic Endurance Training Programs</li> <li>○ Age- &amp; Sex-related Differences &amp; Their Implications for Resistance Exercise</li> <li>○ Scientific Research &amp; Statistics in Exercise Sciences</li> </ul> </li> <li>• <b>Sports Psychology</b></li> </ul>	<u>Delivered via Zoom</u> Date: 6 Sep 2020 (Sun) Time: 9.30am – 5.30pm (7hr + 1hr lunch break)

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<b>3</b> (Theory)	<p><b><u>SCIENTIFIC FOUNDATIONS</u></b></p> <ul style="list-style-type: none"> <li>• Nutrition</li> </ul> <p><b><u>PRACTICAL / APPLIED</u></b></p> <ul style="list-style-type: none"> <li>• Testing, Ongoing Monitoring, &amp; Data Evaluation</li> <li>• Exercise Technique           <ul style="list-style-type: none"> <li>○ Movement Preparation</li> <li>○ Resistance Training</li> <li>○ Olympic Weightlifting &amp; Plyometric Exercise</li> <li>○ Speed &amp; Agility</li> <li>○ Energy Systems Development</li> <li>○ Recovery Techniques</li> </ul> </li> </ul>	<p><u>Delivered via Zoom</u> Date: 12 Sep 2020 (Sat) Time: 9.30am – 1.30pm (4h)</p>
<b>4</b> (Practical)	<p><b><u>PRACTICAL / APPLIED</u></b></p> <ul style="list-style-type: none"> <li>• Testing, Ongoing Monitoring, &amp; Data Evaluation</li> <li>• Exercise Technique           <ul style="list-style-type: none"> <li>○ Movement Preparation</li> <li>○ Resistance Training</li> <li>○ Olympic Weightlifting &amp; Plyometric Exercise</li> <li>○ Speed &amp; Agility</li> <li>○ Energy Systems Development</li> <li>○ Recovery Techniques</li> </ul> </li> </ul>	<p><u>Delivered Face-to-Face</u> Date: 13 Sep 2020 (Sun) Time: 1.30pm – 4.30pm (3h) Venue: ISA Campus @ 1 Stadium Place #01-09 (S)397628</p>
<b>5</b> (Practical)	<p><b><u>PRACTICAL / APPLIED</u></b></p> <ul style="list-style-type: none"> <li>• Exercise Technique           <ul style="list-style-type: none"> <li>○ Movement Preparation</li> <li>○ Resistance Training</li> <li>○ Olympic Weightlifting &amp; Plyometric Exercise</li> <li>○ Speed &amp; Agility</li> </ul> </li> </ul>	<p><u>Delivered Face-to-Face</u> Date: 19 Sep 2020 (Sat) Time: 9.30am – 5.30pm (7h + 1hr lunch break) Venue: ISA Campus @ 1 Stadium Place #01-09 (S)397628</p>
<b>6</b> (Theory)	<p><b><u>PRACTICAL / APPLIED</u></b></p> <ul style="list-style-type: none"> <li>• Program Design &amp; Periodisation           <ul style="list-style-type: none"> <li>○ Resistance Training</li> <li>○ Plyometric Training</li> <li>○ Speed &amp; Agility Training</li> <li>○ Aerobic Endurance Training</li> <li>○ Periodisation</li> <li>○ Rehabilitation &amp; Reconditioning</li> </ul> </li> <li>• Organisation &amp; Administration</li> </ul>	<p><u>Delivered via Zoom</u> Date: 20 Sep 2020 (Sun) Time: 9.30am – 5.30pm (7hr + 1hr lunch break)</p>

Please note that course dates and times are subject to change at the discretion of the International Sports Academy.



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### What is the ISA Professional Certification Series?

A series of programmes designed to provide participants with the necessary skills and knowledge to excel in the sports and fitness industry. Programmes leading to professional certifications include our highly popular Certified Personal Trainer Course leading to the internationally-recognised American Council on Exercise, our Strength and Conditioning Specialist Course leading to the gold standard National Strength and Conditioning Association Certification, as well as the ASCA swim coaching courses certified by the American Swimming Coaches Association.

### Who Should Attend?

Just a handful of our professional certification courses require some prior knowledge of sports and fitness, otherwise our courses are by and large suitable for all learners who want to get a head start in the sports and fitness industry.

### The ISA Advantage

ISA has been a trusted name in sports and fitness training and education in Singapore since 2003. We seek to be the thought leader by bringing together local and international experts with diverse expertise from across the industry, to seek collaborative solutions to Singapore's and the region's problems relating to health, fitness and sports.

In pursuit of our mission, we offer a full range of professional certifications, and short continuing education courses, each tailored to suit your varied needs and objectives.

- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Endorsed by industry leaders such as Virgin Active, True Fitness, the Pure Group, WAKO Singapore, Singapore Federation of Bodybuilding and Fitness, Superfit, Sports Lifestyle Initiatives, Club Managers' Association (Singapore) and Sports Lab among others
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing your skillsets.

