



ISA Certified Personal Trainer Course
(leading to American Council on Exercise Certification)
(INDEPENDENT ONLINE EDITION)

Sign up with a family/friend and enjoy special discounts!



This course is a **FULL ONLINE** course that is designed to help you get certified as an ACE (American Council on Exercise) Certified Personal Trainer, by giving you the theoretical knowledge and practical skills necessary to be an effective personal trainer.

- WHAT CAN YOU EXPECT -



Access to ISA Online Content – Specially curated content to help you understand the syllabus in the most efficient way



Flexible Schedule – Plan your own study schedule according to your personal preference



Fortnightly Online Consultation Sessions – Experienced instructors on hand to answer all your questions



Online Live Lectures – Extra help to grasp complicated scientific concepts relevant to personal training



Recorded Lectures and Practical Demonstrations – Study anytime and anywhere; replay as many times as you need



Guided Tutorials – To aid your learning, our experienced instructors will point out key points of each topic



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- DETAILS YOU NEED TO KNOW -



Course Duration

39 hours over 4 months



Course Dates

30 Aug 21 – 29 Dec 21



Course Fees

\$1,500.00



Entry Requirements

- Min. 18 years old AND
- Valid CPR-AED Certification
 - ISA can arrange for students to take the CPR-AED Course at a discounted rate of \$69.55 per person (on first come first served basis)
 - CPR-AED Course occurs every last Saturday of the month from 9am to 1pm



Continuing Education Credits (if applicable)

- 10 CoachSG CCE Hours awarded upon completion (only for NROC Registered Coaches)



Grants Available (T&Cs apply)

- SkillsFuture: up to \$1500.00 for Singaporeans 25 years old and above with minimum 75% attendance rate
- UTAP: 50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year for members below 40 years old, and \$500.00/year for members 40 years and above

- HOW TO REGISTER IN 5 EASY STEPS -

- Step 1 Complete registration form at www.isa.edu.sg/ace-cpt-online
- Step 2 You will receive the invoice with payment details in 2-3 working days
- Step 3 Make full payment to confirm your slot
- Step 4 Wait for course materials to be sent to you on the first day of the course

REGISTRATION ENDS ON 23 AUG 2021, 1 800 HRS



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- MATERIALS YOU WILL RECEIVE -



ISA Online Materials Access (4 months), which includes

- Weekly recorded lectures and practical demonstrations
- Guided tutorials
- Fortnightly online consultations
- ISA Theory Exam (150 questions), to prepare for ACE Exam and delivered via ISA Portal



ACE Online Materials (digital copy), which includes

- ACE The Exercise Professional's Guide to Personal Training (Textbook)
- ACE Personal Trainer Study Companion
- Free Practice Questions (redeemable via code)

- WHAT IS THIS COURSE ABOUT? -



Course Synopsis

The **American Council on Exercise (ACE) Certified Personal Trainer** certification is a internationally-recognized and sought-after personal training certification. It equips you with the proper skills and knowledge to design safe, effective and customized personal training programs for your clients. Most of all, this prestigious certification is a transferrable skill set, and would be useful whatever your future fitness training goals may be.



Course Syllabus and Schedule

Refer to pages 4 – 7 for detailed course syllabus and course schedule.

- GET MORE VALUE WITH ISA! -



(1) ISA Certificate of Completion for ISA Certified Personal Trainer Course

Upon completion of the course, participants will receive the above-mentioned certificate.

(2) ACE Certificate for ACE Certified Personal Trainers

Upon passing the ACE Certification Examination, students will be certified as an ACE Certified Personal Trainer and receive the ACE Certificate.



(3) Certificate in Essential Sports Science (Fitness Instructors)

With your sign up for the ISA Certified Personal Trainer Course, you will be offered our course in Essential Sports Science (Fitness Instructors) **COMPLIMENTARY!** This 10 hour course provides you with the required foundations in Sports Science and to grasp scientific concepts relevant to personal training.



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- COURSE SYLLABUS AND SCHEDULE -



10 weeks x Recorded Lectures and Practical Demonstrations



5 sessions x Fortnightly Consultation with ISA Instructor



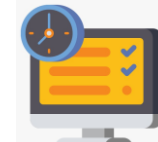
3 x Tutorials (to aid your revision)



2 x Essential Sport Science Lessons (10 hours, complimentary)



1 x ISA Theory Exam (for practice)



1 x ACE Exam for Personal Trainers (pass to get certified as a PT)

Week	Content	Remarks
1	<p>THEME OF THE WEEK - INTRODUCTION</p> <p>ACE Chapter 1</p> <ul style="list-style-type: none"> • Role and Scope of Practice for Personal Trainers <p>ACE Chapter 16</p> <ul style="list-style-type: none"> • Legal Guidelines and Business Considerations 	Available on ISA Online Portal
2	<p>THEME OF THE WEEK - PT SOFT SKILLS AND ACE IFT MODEL</p> <p>ACE Chapter 2</p> <ul style="list-style-type: none"> • The ACE Integrated Fitness Training Model <p>ACE Chapter 3</p> <ul style="list-style-type: none"> • Basics of Behaviour Change <p>ACE Chapter 4</p> <ul style="list-style-type: none"> • Effective Communication, Goal Setting and Teaching Techniques 	Available on ISA Online Portal
	<p>CONSULTATION 1</p> <ul style="list-style-type: none"> • Consult our ISA Instructor on Week 1 & 2 Content 	<p><u>Delivered via Zoom</u> Date: 7 Sep 2021 (Tue) Time: 7pm – 8pm</p>
	<p>ESSENTIAL SPORT SCIENCE LESSON 1 – COMPLIMENTARY</p> <ul style="list-style-type: none"> • Part of ISA Essential Sports Science (Fitness Instructors) Course • 5 hours' worth of Live Lecture on the Foundations of Essential Sport Science 	<p><u>Delivered via Zoom</u> Date: 11 Sep 2021 (Sat) Time: 10am – 4pm (w/ 1hr lunch break)</p>



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3	<p>THEME OF THE WEEK - FOUNDATIONS OF SCIENCE: ANATOMY AND KINESIOLOGY</p> <p>ACE Chapter 9 - Muscular Training: Foundations and Benefits</p>	Available on ISA Online Portal
4	<p>THEME OF THE WEEK - PREPARTICIPATION, FITNESS ASSESSMENTS AND PROGRAM DESIGN 1 (CARDIORESPIRATORY TRAINING)</p> <p>ACE Chapter 5 • Participation Health Screening</p> <p>ACE Chapter 7 • Resting Assessment and Anthropometric Measurements</p> <p>ACE Chapter 8 • Cardiorespiratory Training: Physiology, Assessments and Programming</p> <p>CONSULTATION 2 • Consult our ISA Instructor on Week 3 & 4 Content</p> <p>ESSENTIAL SPORT SCIENCE LESSON 2 – COMPLIMENTARY • Part of ISA Essential Sports Science (Fitness Instructors) Course • 5 hours' worth of Live Lecture on the Foundations of Essential Sport Science</p>	<p>Available on ISA Online Portal</p> <p><u>Delivered via Zoom</u> Date: 21 Sep 2021 (Tue) Time: 7pm – 8pm</p> <p><u>Delivered via Zoom</u> Date: 25 Sep 2021 (Sat) Time: 10am – 4pm (w/ 1hr lunch break)</p>
5	<p>THEME OF THE WEEK - PROGRAM DESIGN 2 (CARDIORESPIRATORY TRAINING)</p> <p>ACE Chapter 8 - Cardiorespiratory Training: Physiology, Assessments and Programming</p> <p>ACE Chapter 11 - Integrated Exercise Programming: From Evidence to Practice</p> <p>TUTORIAL 1 • Revision and Summary of Weeks 1 – 4</p>	<p>Available on ISA Online Portal</p> <p><u>Delivered via Zoom</u> Date: 1 Oct 2021 (Fri) Time: 7pm – 9.30pm</p>





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6	<p>THEME OF THE WEEK - PROGRAM DESIGN 3 (MUSCULAR TRAINING)</p> <p>ACE Chapter 10</p> <ul style="list-style-type: none"> Muscular Training: Assessments 	Available on ISA Online Portal
	<p>CONSULTATION 3</p> <ul style="list-style-type: none"> Consult our ISA Instructor on Week 5 & 6 Content 	<p><u>Delivered via Zoom</u> Date: 5 Oct 2021 (Tue) Time: 7pm – 8pm</p>
7	<p>THEME OF THE WEEK - PROGRAM DESIGN 4 (MUSCULAR TRAINING)</p> <p>ACE Chapter 10</p> <ul style="list-style-type: none"> Muscular Training: Assessments <p>ACE Chapter 11</p> <ul style="list-style-type: none"> Integrated Exercise Programming: From Evidence to Practice 	Available on ISA Online Portal
	<p>TUTORIAL 2 Revision and Summary of Weeks 5 - 7</p>	<p><u>Delivered via Zoom</u> Date: 15 Oct 2021 (Fri) Time: 7pm – 9.30pm</p>
8	<p>THEME OF THE WEEK - PROGRAM DESIGN 5</p> <p>ACE Chapter 11</p> <ul style="list-style-type: none"> Integrated Exercise Programming: From Evidence to Practice <p>ACE Chapter 14</p> <ul style="list-style-type: none"> Exercise Considerations across the Lifespan 	Available on ISA Online Portal
	<p>CONSULTATION 4</p> <ul style="list-style-type: none"> Consult our ISA Instructor on Week 7 & 8 Content 	<p><u>Delivered via Zoom</u> Date: 19 Oct 2021 (Tue) Time: 7pm – 8pm</p>
9	<p>THEME OF THE WEEK - NUTRITION AND PROGRAM DESIGN 6 (SPECIAL POPULATIONS)</p> <p>ACE Chapter 6</p> <ul style="list-style-type: none"> Nutrition for Health and Fitness <p>ACE Chapter 12</p> <ul style="list-style-type: none"> Considerations for Clients with Obesity 	Available on ISA Online Portal





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10	<p>THEME OF THE WEEK - PROGRAM DESIGN 7 (SPECIAL POPULATIONS)</p> <p>ACE Chapter 13</p> <ul style="list-style-type: none"> • Considerations for Clients with Chronic Diseases <p>ACE Chapter 14</p> <ul style="list-style-type: none"> • Exercise Considerations across the Lifespan <p>ACE Chapter 15</p> <ul style="list-style-type: none"> • Considerations for Clients with Musculoskeletal Issues <p>CONSULTATION 5</p> <ul style="list-style-type: none"> • Consult our ISA Instructor on Week 9 & 10 Content 	<p>Available on ISA Online Portal</p>
11	<p>TUTORIAL 3</p> <ul style="list-style-type: none"> • Revision and Summary of Weeks 8 – 10 	<p><u>Delivered via Zoom</u> Date: 2 Nov 2021 (Tue) Time: 7pm – 8pm</p>
12	<p>ISA THEORY EXAMINATION</p> <ul style="list-style-type: none"> • Preparation for actual ACE Exam • Complete ISA Theory Exam (150 MCQs) on the ISA Online Portal across 3 hours at your own timing during the entire week 	<p><u>Delivered via ISA Portal</u> Made available on 15 Nov, 9am till completion of ACE Exam</p>
13 till end of the course	<p>ACE EXAMINATION</p> <ul style="list-style-type: none"> • Course administrator will get in touch with you in week 8 to arrange for a specific date of your choice • Need to pass the ACE Examination to become an ACE Certified Personal Trainer • Paper consists of 150 MCQs to be completed in 3 hours at an external exam site 	-

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-recognized 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.

