



StickMobility Level 1 Certification Course



StickMobility is a system that teaches people how to mobilise joints, activate and strengthen tissues, improve co-ordination. This course is for fitness enthusiasts and fitness instructors who would like to learn how to use the Mobility Stick to improve range of motion, muscle activation, coordination, and body awareness to build a strong foundation for enhanced movement. Discover how the Mobility Stick can be used to create tension, leverage, stability and body awareness.

- DETAILS YOU NEED TO KNOW -



Course Duration

14 hours in 2 days
9am – 5pm
(with 1-hour lunch break)



Course Date

24 & 31 Oct 2021
(Sat & Sun)



Course Fees

\$620.00



Location

Body Fit Training Outram
331 New Bridge Road
#01-04 Dorsett
Residences
Singapore 088764





Course Format


Virtual Live by Taeha Kim
Supported by on-site facilitator(s)

- Certificate(s) to Receive -

Certificate in StickMobility Level 1 Certification Course

 (65) 6423 0668

 1 Stadium Place #01-11 (S) 397628

 info@isa.edu.sg

 www.isa.edu.sg



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- CECs Awarded -



10 CCE Hours



1.3 NCEP CEUs



1.3 NASM CEUs



1.3 AFFA CEUs



1.3 PTA Global CEUs

- *SPECIAL PACKAGE* -

Top up to receive a 3 Stick Bundle and manual:

\$325.00 - 3 Stick Bundle: 2 x 6 foot, 1 x 4 foot and manual

\$998.00 - 3 Stick Bundle: 2 x 7 foot, 1 x 5 foot and manual

*do note that funding is not applicable for equipment

- Grant Available (T&Cs apply) -



Up to \$288.00 for Singaporeans 25 years old and above with minimum 75% attendance rate



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



\$210.00 for Singaporeans or Permanent Residents with 75% attendance rate

- WHO IS THIS COURSE FOR? -



Fitness enthusiasts and/or personal trainers who want to:

- Move better by optimizing your mobility, stability and strength
- Learn how to incorporate the Mobility Stick as a functional training tool
- Add this modality into their tool box

- HOW TO REGISTER IN 5 EASY STEPS -

- Step 1 Access the registration form at www.isa.edu.sg/stickmobility
- Step 2 Fill up the form and complete it before the registration deadline
- Step 3 You will receive the invoice with payment details in 2-3 working days
- Step 4 Make full payment to confirm your slot
- Step 5 Wait for course materials (if any) to be sent to you on the first day of the course

REGISTRATION ENDS ON 19 OCT 2021, 1800 HRS



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- COURSE SYLLABUS AND SCHEDULE -

1. Learn and understand the philosophy behind Stick Mobility
2. Meet the Stick Mobility modality
3. Understand the unique benefits of Stick Mobility
4. Practice a wide range of movements and stretches to understand the full benefits of the Mobility Stick
5. Discover how to incorporate Stick Mobility in a training program

- Master Trainer -

Taeha Kim

Taeha's first endeavor as a fitness professional began in 2007 at World Gym. He began to be interested in functional training two to three years after he started his career. He has trained more than 500 students on kettlebells and other functional training since 2013, as well as continued personal training for ordinary clients. Taeha was qualified as a Stick Mobility Master Trainer in 2017, and has been training in Seoul, Busan & Hong Kong since then.

- Stick Mobility Master Trainer
- Strong First Kettlebell Instructor Level2
- KETACADEMY Kettlebell Sport Coach
- Animal Flow Instructor Level2
- FMS Certified Specialist
- NASM Golf Training Specialist
- KACEP Certified Personal Trainer
- Masters of Clinical Exercise, Dankook university
- Bachelors of Sports Medicine, Kyeonghee university





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What is the ISA Continuing Education Series?

A series of short, focused courses that breaks down complicated sports and fitness concepts into easy-to-digest programmes, allowing you to get a good foundational knowledge and understanding in specific areas of sports and fitness.

Who Should Attend?

Anyone! Whether you just want to learn more about fitness for your personal knowledge, or you are a trainer who is looking to increase your skillsets and marketability, our Continuing Education courses are suitable for just about anyone.

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.

