



**ISA Certified Personal Trainer Course**  
**(leading to American Council on Exercise Certification)**  
**(GUIDED LIVE EDITION)**



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

This course is designed to provide students with the knowledge and skills necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers.

**- WHAT CAN YOU EXPECT -**



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



**Structured Schedule** – Paced out content to ensure you grasp key concepts required as a personal trainer during the course



**Weekly Lessons** – Experienced instructors to guide you through key points online and practical concepts in person where applicable



**Complimentary Essential Sports Science Course** – 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

☎ (65) 6423 0668

🏠 1 Stadium Place #01-11 (S) 397628

✉ info@isa.edu.sg

🌐 www.isa.edu.sg



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### - DETAILS YOU NEED TO KNOW -



**Course Duration**  
48 hours over 3+ months



**Course Dates**  
17 Mar 2022 – 17 Jun 2022



**Course Fees**  
\$2,198.85



#### 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 Credits : 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



### - MATERIALS YOU WILL RECEIVE -

#### ISA Materials and Access (Course Duration), which includes

- Weekly recorded lectures, practical demonstrations videos and quizzes, via ISA Online Portal
- 10 x Theory Lessons, delivered via Zoom live
- 3 x Practical Sessions, delivered at ISA Campus
- 3 x Guided Tutorials, delivered via Zoom live
- ISA Theory Exam, to prepare for ACE Exam and delivered via ISA Portal + Explanation via Zoom live
- ACE Exam, held at external exam site (info to be advise during course)

#### ACE Study Materials (digital copy), which includes

- ACE Personal Trainer Textbook
- ACE The Exercise Professional's Guide to Personal Training
- ACE Personal Trainer Study Companion
- Free Practice Questions



Should you require a hard copy version of the study materials, a top up of \$100 is required

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### - HOW TO REGISTER IN 5 EASY STEPS -

- |        |   |
|--------|---|
| Step 1 | Fill up the registration form at <a href="http://www.isa.edu.sg/ace-cpt-live">www.isa.edu.sg/ace-cpt-live</a> |
| 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 10 MAR 2022, 1800 HRS**

### - WHAT IS THIS COURSE ABOUT? -



#### Course Synopsis

The **American Council on Exercise (ACE) Certified Personal Trainer** certification is an 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 -**

Due to new measures announced for COVID-19 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 3 sessions and delivered face to face to minimise the requirement to head to ISA Campus for weekly 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 3 practical sessions.



10 x Theory Lessons



3 x Practical Sessions



10 weeks x Recorded Lectures and Practical Demonstrations



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	Session	Topics	Schedule
1	Theory Lesson 1	<p><b>THEME OF THE WEEK - INTRODUCTION</b></p> <p><b>ACE Chapter 1</b></p> <ul style="list-style-type: none"> <li>Role and Scope of Practice for Personal Trainers</li> </ul> <p><b>ACE Chapter 16</b></p> <ul style="list-style-type: none"> <li>Legal Guidelines and Business Considerations</li> </ul>	<p><u>Online Portal Content</u> To be completed before attending Zoom session</p> <p><u>Delivered via Zoom</u> Date: 17 Mar 2022 (Thu) Time: 7pm – 9pm</p>
	ESS Lesson 1	<p><b>ESSENTIAL SPORT SCIENCE LESSON 1 – COMPLIMENTARY</b></p> <ul style="list-style-type: none"> <li>Part of ISA Essential Sports Science (Fitness Instructors) Course</li> <li>5 hours' worth of Live Lecture on the Foundations of Essential Sport Science</li> </ul>	<p><u>Delivered via Zoom</u> Date: 19 Mar 2022 (Sat) Time: 10am – 4pm (w/ 1hr lunch break)</p>



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2	Theory Lesson 2	<p><b>THEME OF THE WEEK - PT SOFT SKILLS AND ACE IFT MODEL</b></p> <p><b>ACE Chapter 2</b></p> <ul style="list-style-type: none"> <li>The ACE Integrated Fitness Training Model</li> </ul> <p><b>ACE Chapter 3</b></p> <ul style="list-style-type: none"> <li>Basics of Behaviour Change</li> </ul> <p><b>ACE Chapter 4</b></p> <ul style="list-style-type: none"> <li>Effective Communication, Goal Setting and Teaching Techniques</li> </ul>	<p><u>Online Portal Content</u> To be completed before attending Zoom session</p> <p><u>Delivered via Zoom</u> Date: 24 Mar 2022 (Thu) Time: 7pm – 9.30pm</p>
	3	Theory Lesson 3	<p><b>THEME OF THE WEEK - FOUNDATIONS OF SCIENCE: ANATOMY AND KINESIOLOGY</b></p> <p><b>ACE Chapter 9</b></p> <ul style="list-style-type: none"> <li>Muscular Training: Foundations and Benefits</li> </ul>
	ESS Lesson 2	<p><b>ESSENTIAL SPORT SCIENCE LESSON 2 – COMPLIMENTARY</b></p> <ul style="list-style-type: none"> <li>Part of ISA Essential Sports Science (Fitness Instructors) Course</li> <li>5 hours' worth of Live Lecture on the Foundations of Essential Sport Science</li> </ul>	<p><u>Delivered via Zoom</u> Date: 2 Apr 2022 (Sat) Time: 10am – 4pm (w/ 1hr lunch break)</p>
4	Theory Lesson 4	<p><b>THEME OF THE WEEK - PREPARTICIPATION, FITNESS ASSESSMENTS AND PROGRAM DESIGN 1 (CARDIORESPIRATORY TRAINING)</b></p> <p><b>ACE Chapter 5</b></p> <ul style="list-style-type: none"> <li>Participation Health Screening</li> </ul> <p><b>ACE Chapter 7</b></p> <ul style="list-style-type: none"> <li>Resting Assessment and Anthropometric Measurements</li> </ul> <p><b>ACE Chapter 8</b></p> <ul style="list-style-type: none"> <li>Cardiorespiratory Training: Physiology, Assessments and Programming</li> </ul>	<p><u>Online Portal Content</u> To be completed before attending Zoom session</p> <p><u>Delivered via Zoom</u> Date: 7 Apr 2022 (Thu) Time: 7pm – 8pm</p>
	Tutorial 1	<ul style="list-style-type: none"> <li>Revision and Summary of Weeks 1 – 4</li> </ul>	<p><u>Delivered via Zoom</u> Date: 8 Apr 2022 (Fri) Time: 7pm – 9.30pm</p>



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5	Theory Lesson 5	<p><b>THEME OF THE WEEK - PROGRAM DESIGN 2 (CARDIORESPIRATORY TRAINING)</b></p> <p><b>ACE Chapter 8</b></p> <ul style="list-style-type: none"> <li>• Cardiorespiratory Training: Physiology, Assessments and Programming</li> </ul> <p><b>ACE Chapter 11</b></p> <ul style="list-style-type: none"> <li>• Integrated Exercise Programming: From Evidence to Practice</li> </ul>	<p><u>Online Portal Content</u> To be completed before attending Zoom session</p> <p><u>Delivered via Zoom</u> Date: 14 Apr 2022 (Thu) Time: 7pm – 9pm</p>
	Theory Lesson 6	<p><b>THEME OF THE WEEK - PROGRAM DESIGN 3 (MUSCULAR TRAINING)</b></p> <p><b>ACE Chapter 10</b></p> <ul style="list-style-type: none"> <li>• Muscular Training: Assessments</li> </ul>	<p><u>Online Portal Content</u> To be completed before attending Zoom session</p> <p><u>Delivered via Zoom</u> Date: 21 Apr 2022 (Thu) Time: 7pm – 9pm</p>
6	Practical Session 1	<ul style="list-style-type: none"> <li>• Relevant Practical Content in relation to Weeks 4 – 6</li> </ul>	<p><u>Delivered at ISA Campus</u> Date: 24 Apr 2022 (Sun) Time: 10am – 12pm Venue: ISA Campus @ 1 Stadium Place, Kallang Wave Mall, #01-09 (S)397628</p>
	Theory Lesson 7	<p><b>THEME OF THE WEEK - PROGRAM DESIGN 4 (MUSCULAR TRAINING)</b></p> <p><b>ACE Chapter 10</b></p> <ul style="list-style-type: none"> <li>• Muscular Training: Assessments</li> </ul> <p><b>ACE Chapter 11</b></p> <ul style="list-style-type: none"> <li>• Integrated Exercise Programming: From Evidence to Practice</li> </ul>	<p><u>Online Portal Content</u> To be completed before attending Zoom session</p> <p><u>Delivered via Zoom</u> Date: 28 Apr 2022 (Thu) Time: 7pm – 9pm</p>
	Tutorial 2	<ul style="list-style-type: none"> <li>• Revision and Summary of Weeks 5 – 7</li> </ul>	<p><u>Delivered via Zoom</u> Date: 29 Apr 2022 (Fri) Time: 7pm – 9.30pm</p>







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8	Theory Lesson 8	<p><b>THEME OF THE WEEK - PROGRAM DESIGN 5</b></p> <p><b>ACE Chapter 11</b></p> <ul style="list-style-type: none"> <li>Integrated Exercise Programming: From Evidence to Practice</li> </ul> <p><b>ACE Chapter 14</b></p> <ul style="list-style-type: none"> <li>Exercise Considerations across the Lifespan</li> </ul>	<p><u>Online Portal Content</u> To be completed before attending Zoom session</p> <p><u>Delivered via Zoom</u> Date: 5 May 2022 (Thu) Time: 7pm – 8pm</p>
	Practical Session 2	<ul style="list-style-type: none"> <li>Relevant Practical Content in relation to Weeks 7 – 8</li> </ul>	<p><u>Delivered at ISA Campus</u> Date: 8 May 2022 (Sun) Time: 10am – 12.30pm Venue: ISA Campus @ 1 Stadium Place, Kallang Wave Mall, #01-09 (S)397628</p>
9	Theory Lesson 9	<p><b>THEME OF THE WEEK - NUTRITION AND PROGRAM DESIGN 6 (SPECIAL POPULATIONS)</b></p> <p><b>ACE Chapter 6</b></p> <ul style="list-style-type: none"> <li>Nutrition for Health and Fitness</li> </ul> <p><b>ACE Chapter 12</b></p> <ul style="list-style-type: none"> <li>Considerations for Clients with Obesity</li> </ul>	<p><u>Online Portal Content</u> To be completed before attending Zoom session</p> <p>Delivered via Zoom Date: 12 May 2022 (Thu) Time: 7pm – 9pm</p>
10	Theory Lesson 10	<p><b>THEME OF THE WEEK - PROGRAM DESIGN 7 (SPECIAL POPULATIONS)</b></p> <p><b>ACE Chapter 13</b></p> <ul style="list-style-type: none"> <li>Considerations for Clients with Chronic Diseases</li> </ul> <p><b>ACE Chapter 14</b></p> <ul style="list-style-type: none"> <li>Exercise Considerations across the Lifespan</li> </ul> <p><b>ACE Chapter 15</b></p> <ul style="list-style-type: none"> <li>Considerations for Clients with Musculoskeletal Issues</li> </ul>	<p><u>Online Portal Content</u> To be completed before attending Zoom session</p> <p><u>Delivered via Zoom</u> Date: 19 May 2022 (Thu) Time: 7pm – 9pm</p>
	Practical Session 3	<ul style="list-style-type: none"> <li>Relevant Practical Content in relation to Weeks 9 – 10</li> </ul>	<p><u>Delivered at ISA Campus</u> Date: 22 May 2022 (Sun) Time: 10am – 12pm Venue: ISA Campus @ 1 Stadium Place, Kallang Wave Mall, #01-09 (S)397628</p>



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11	Tutorial 3	<ul style="list-style-type: none"> <li>Revision and Summary of Weeks 8 – 10</li> </ul>	<u>Delivered via Zoom</u> Date: 27 May 2022 (Fri) Time: 7pm – 9.30pm
12	ISA Theory Exam	<ul style="list-style-type: none"> <li>Preparation for actual ACE Exam</li> <li>Complete ISA Theory Exam (150 MCQs) on the ISA Online Portal across 3 hours at your own timing during the entire week</li> </ul>	Available from 30 May 2022, Mon, 9am onwards
13	ISA Theory Exam Explanation	<ul style="list-style-type: none"> <li>Instructor will go through the ISA Theory Exam Questions &amp; Answers via Zoom from 7pm-10pm</li> </ul>	<u>Delivered via Zoom</u> Date: 9 Jun 2022 (Thu) Time: 7pm – 10pm
14	ACE Exam	<ul style="list-style-type: none"> <li>Need to pass the ACE Examination to become an ACE Certified Personal Trainer</li> <li>Paper consist of 150 MCQs to be completed in 3 hours at an external exam site</li> </ul>	<u>Certification</u> Date: 17 Jun 2022 (Fri) Time: Tentatively on 17 Jun 2022, Fri, 9/10am Venue: External Exam Site (to be confirmed at later point) *Note that this is subject to change

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.

