



Help your clients make smarter food choices! Learn how to help clients implement healthy food choices into their daily routine and develop life-long dietary habits that lead to better health. You will also understand how to address special nutritional needs for different types of clients, enabling you to become a more well-rounded health and fitness professional with the tools to guiding your clients to healthier lives.

Course Duration 14 hours over 2 days (Sat & Sun)

Course Dates (Next Intake) 17 & 18 Sep 2022

Course Fees

\$481.50

Grants Available (T&Cs apply)

- SkillsFuture Credits: For Singaporeans 25 years old and above
- 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

Continuing Education Credits (if applicable)

- 10 CoachSG CCE Hours awarded upon completion
- 1.4 ACE CECs awarded upon completion

Registration Deadline

12 Sep 2022

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(65) 6423 0668



1 Stadium Place #01-11 (S) 397628



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Course Synopsis

This course presents the theoretical nutrition concepts that will enable fitness professionals to provide practical and useful tips to their clients while staying within the boundaries of their scope of practice.

Course Objectives

Upon successful completion of the course, participants will understand:

- Macronutrients (Carbohydrate, Protein and Fat)
- Micronutrients (Vitamin and Minerals) and water
- Ergogenic aids
- Nutrition guidelines and recommendations
- Assessment of dietary and nutrient intakes and nutritional status
- Nutrition throughout the lifecycle
- Nutrition for athletes, vegetarians, special populations
- Eating disorders
- **Nutrition** coaching
- Planning a healthy and balanced meal

Course Syllabus

Please refer to page 3 for detailed course syllabus and class schedule.

Assessment

ISA Theory Assessment -50% to pass 50 MCQs & 4 Short Answer Questions 24 Sep 2022, 10am - 11.30am (Note: Re-examination will be at a charge of \$53.50, including GST)

Award

Upon completion of the course, each participant will be awarded ISA Fitness Nutrition Course

Venue

International Sports Academy 1 Stadium Place, Kallang Wall Mall, #01-11 Singapore 397628 (opposite beach volleyball courts)

Payment

Payment can be made via:

- 1. Cash
- 2. Cheque
- 3. Online Transfer









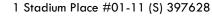
Course Schedule

Course Schedule	
17 Sep 2022 (Sat)	18 Sep 2022 (Sun)
9am – 5pm	9am – 5pm
Introduction to Sports Nutrition	Nutrition Throughout the Lifecycle
Factors affecting food choice	Infancy and Childhood
Novel foods	Adolescent
Digestion	Older Adults
Absorption	Pregnancy and Lactation
Macronutrients	Nutrition for Special Population
 Carbohydrates 	Nutrition for Athletes
Proteins	Nutrition for Vegetarians
• Fats	Popular diets
Micronutrients	Eating disorders
Vitamin	Types of Eating Disorders
Minerals	Eating disorders in Athletes
Water	Treatment and Prevention of Eating disorders
Ergogenic Aids	Nutrition Coaching & Meal Planning
 Categories of ergogenic aids 	Evaluation of Nutrition Status
Uses of ergogenic aids	Anthropometric Measurements
Side effects of ergogenic aids	Body Types
	Dietary Assessment
Nutritional Guidelines	Biochemical Assessment
Recommended Dietary Allowance	Functional and Clinical Status
Dietary Guidelines	Setting SMART Goals
My Healthy Plate	Stages of Change Cycle
Food Labels	Healthy Cooking Methods
Food Safety and Selection	Calories Calculation
	Recipe Replacement
	Planning and Preparing a Healthy Meal
	Tips for healthy eating when eating out
	Content Review

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

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IMPORTANT NOTICE

In light of COVID-19 measures to be taken nationwide, ISA have made the decision to run this course online. The lessons will be taught via zoom at the same specific dates and time as stated in the brochure above. The assessment will also be conducted online accordingly.

- 12 Sep 2022, 6pm Registration and Payment Deadline
- 14 Sep 2022, 6pm Materials (PDF) and Link for Webinar to be sent via e-mail
- 17-18 Sep 2022, 9am to 6pm Access the Webinar via link provided
- 24 Sep 2022, 9.45am Link for Assessment to be sent via e-mail
- 24 Sep 2022, 10am to 11.30am Complete Assessment via link provided
- 30 Sep 2022, 6pm Assessment Results Release via e-mail



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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-todigest 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.



















