



ISA Exercise for Individuals with Metabolic & Cardiovascular Disease Course



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

Get the knowledge and skills you need to develop appropriate exercise programs for metabolic and cardiovascular disease individuals. Understand the exercise guidelines for these special populations and special considerations when training with them, so you can create customized and organized fitness exercise programs to help improve their overall health and well-being.

Course Duration	8 hours in 1 day (Sat)
Course Dates (Next Intake)	22 Oct 2022
Course Fees	\$120.00
Grants Available (T&Cs apply)	<ul style="list-style-type: none"> • 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
Entry Requirement	<ul style="list-style-type: none"> • Some experience in exercising, training or coaching
Continuing Education Credits (if applicable)	<ul style="list-style-type: none"> • 5.0 CoachSG CCE Hours awarded upon completion • 0.6 ACE CECs awarded upon completion
Registration Deadline	17 Oct 2022

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Course Synopsis

Metabolic syndrome identifies people with an increased risk of developing cardiovascular disease and type 2 diabetes mellitus. The different risk factors for metabolic syndrome includes central obesity, hypertension, hyperglycaemia, dyslipidaemia and obesity. Lifestyle intervention such as incorporating physical activity has been shown to reduce the risk of developing cardiovascular disease in this population. This workshop will prepare participants with the exercise prescription guidelines and recommendations for people with cardiovascular disease. Special considerations during training will also be covered for the respective populations. The exercise guidelines and recommendations taught in this workshop will be presented using the frequency, intensity, time, and type (FITT) principle, which are core components of an exercise prescription.

Course Objectives

Upon successful completion of the course, participants will understand:

- Understand the benefits of physical activity for clients who are with or at risk of metabolic disease and cardiovascular disease.
- Describe developmentally appropriate physical activity programs for individuals with metabolic disease and cardiovascular disease risk, and demonstrate an understanding of age-specific needs and concerns
- Understand the various test protocols/procedures and exercise recommendations
- Discuss exercise recommendations and precautions for individuals with metabolic disease and cardiovascular disease risk factors.

Course Syllabus

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

Assessment

ISA Theory Assessment – 50% to pass

10 MCQs & 9 Short Answer Questions

29 Oct 2022, 10am – 11am “Via Zoom”

(Note: Re-examination will be at a charge of \$32.10, including GST)

Award

Upon completion of the course, each participant will be awarded **ISA Exercise for Individuals with Metabolic & Cardiovascular Disease Course**

Payment

Payment can be made via:

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



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Course Schedule

22 Oct 2022 (Sat)

"Via Zoom"

9 am – 6 pm

- Diabetes Mellitus
- Dyslipidemia
- Hypertension
- Prevalence of Diabetes Mellitus, Dyslipidemia, Hypertension
- Benefits of regular physical activity for individuals with Diabetes, Dylipidemia, and Hypertension
- Exercise testing for individual with Diabetes, Dylipidemia, and Hypertension Exercise guidelines for individuals with Diabetes, Dylipidemia, and Hypertension
- Exercise training considerations for individuals with Diabetes, Dylipidemia, and Hypertension

LUNCH BREAK (1HR) INCLUDED

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

COURSE TIMELINE

In light of COVID-19 measures to be taken nationwide, ISA have made the decision to run this course online. The lesson 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.

- 17 Oct 2022, 6pm – Registration and Payment Deadline
- 19 Oct 2022, 6pm – Materials (PDF) and Link for Webinar to be sent via e-mail
- 22 Oct 2022, 9am to 6pm – Access the Webinar via link provided
- 29 Oct 2022, 9.45am – Link for Assessment to be sent via e-mail
- 29 Oct 2022, 10am to 11 am – Complete Assessment via link provided
- 4 Nov 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-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.

