



## ISA Exercise for Youth, Elderly & Pregnant Individuals Course

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



Get the knowledge and skills you need to develop appropriate exercise programs for youths, the elderly and pregnant 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.

<b>Course Duration</b>	8 hours in 1 day (Sat)
<b>Course Dates (Next Intake)</b>	15 Oct 2022
<b>Course Fees</b>	\$120.00
<b>Grants Available (T&amp;Cs apply)</b>	<ul style="list-style-type: none"> <li>• SkillsFuture Credits: For Singaporeans 25 years old and above</li> <li>• 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</li> </ul>
<b>Entry Requirement</b>	<ul style="list-style-type: none"> <li>• Some experience in exercising, training or coaching</li> </ul>
<b>Continuing Education Credits (if applicable)</b>	<ul style="list-style-type: none"> <li>• 5.0 CoachSG CCE Hours awarded upon completion</li> <li>• 0.6 ACE CECs awarded upon completion</li> </ul>
<b>Registration Deadline</b>	10 Oct 2022

(65) 6423 0668



1 Stadium Place #01-11 (S) 397628

info@isa.edu.sg



www.isa.edu.sg



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## Course Synopsis

Despite the proven benefits of exercise, there are documented risks associated. Hence this workshop will equip participants with the basic skill of pre-participation screening. In addition, participants will learn skills to enable behavior changes, so they can help others work more effectively towards a healthier lifestyle. General 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 exercise prescription.

## Course Objectives

Upon successful completion of the course, participants will understand:

- Understand the benefits of physical activity for clients who are pre-adolescent, elderly or pregnant
- Describe developmentally appropriate physical activity programs for pre-adolescents and the elderly, and demonstrate an understanding of age-specific needs and concerns
- Understand the various test protocols/procedures and exercise recommendations for pre-adolescents and the elderly
- Describe the changes that occur during pregnancy and its implications on exercise guidelines
- Discuss exercise recommendations and precautions for pregnant women

## Course Syllabus

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

## Assessment

**ISA Theory Assessment – 50% to pass**  
 10 MCQs & 10 Short Answer Questions  
 22 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 Youth, Elderly & Pregnant Individuals Course**

## Payment

Payment can be made via:

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



## ISA Exercise for Youth, Elderly & Pregnant Individuals Course

### Course Schedule Via Zoom

15 Oct 2022 (Sat) 9am – 1pm	15 Oct 2022 (Sat) 2pm – 6pm
<ul style="list-style-type: none"> <li>• Pre-adolescent youth and benefits of adhering to physical activity</li> <li>• Exercise testing for pre-adolescents</li> <li>• Exercise guidelines for youths</li> <li>• Special considerations during training for youths/pre-adolescents</li> <li>• Pregnant women and benefits of adhering to physical activity</li> <li>• Screening for pregnant women</li> <li>• Changes during pregnancy</li> <li>• Exercise guidelines for pregnant women</li> <li>• Special considerations during training for pregnant women</li> </ul>	<ul style="list-style-type: none"> <li>• Older adults and benefits of adhering to physical activity</li> <li>• Exercise testing for older adults</li> <li>• Exercise guidelines for older adults</li> <li>• Special considerations during training for older adults</li> <li>• Osteoporosis and its prevalence</li> <li>• Osteoporosis risk factors</li> <li>• Exercise testing for osteoporotic individuals</li> <li>• Exercise guidelines for osteoporosis</li> <li>• Special considerations during training for people with osteoporosis</li> </ul>
<b>LUNCH BREAK (1HR)</b>	

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.

- 10 Oct 2022, 6pm – Registration and Payment Deadline
- 12 Oct 2022, 6pm – Materials (PDF) and Link for Webinar to be sent via e-mail
- 15 Oct 2022, 9am to 6pm – Access the Webinar via link provided
- 22 Oct 2022, 9.45am – Link for Assessment to be sent via e-mail
- 22 Oct 2022, 10am to 11am – Complete Assessment via link provided
- 28 Oct 2022, 6pm – Assessment Results Release via e-mail



## ISA Exercise for Youth, Elderly & Pregnant Individuals Course

### 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.

