

## ISA Strength and Conditioning Workshop



The ISA Strength and Conditioning Workshop equips you with fundamental knowledge and skills to design various training programs tailored to an individual's needs, with the aim of improving sport-specific skill development. You will learn the steps needed to improve athletic performance and conduct tests to determine the effectiveness of training.

### - DETAILS YOU NEED TO KNOW -



#### Course Duration

35 hours  
over 3 weeks



#### Course Dates

27 Nov & 3, 4, 10, 11  
Dec 2022



#### Course Fees

\$1,200.00



#### Course Format

Theory: Online  
Practical: In-Person

### Entry Requirement

- Valid CPR-AED Certificate
- 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



## ISA Strength and Conditioning Workshop

- CECs Awarded -

**ACE →**

3.5 ACE CECs



10 CCE Hours

-Grant Available (T&Cs Apply)-

**SKILLSfuture SG**

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

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

- Step 1 Complete registration form at <http://www.isa.edu.sg/strength-and-conditioning>
- 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 22 NOV 2022, 1 800 HRS**



# ISA Strength and Conditioning Workshop

## - WHAT IS THIS COURSE ABOUT? -



### Course Objectives

1. Able to understand the concepts of Human Anatomy, Bioenergetics, Exercise Physiology and Biomechanics of Resistance Exercise
2. Able to explain the concepts and principles associated with Anatomical Adaptations, Hypertrophy, Power Conversion and Maintenance
3. Able to utilize knowledge learned from Sport Nutrition and consider the nutritional factors and affecting sport and performance
4. Able to explain the steps involved in constructing and developing various types of training programmes
5. Able to describe the guidelines used to select and conduct appropriate testing methods and analyze the results



### Course Syllabus and Schedule

Refer to page 3 for detailed course syllabus and course schedule.



### Certificate of Completion for ISA Strength and Conditioning Workshop

Upon completion of the workshop, participants will receive the above-mentioned certificate.

### Course Schedule & Syllabus

Due to new measures announced for COVID-19 and Phase 2 in Singapore, theory components that were originally meant to be delivered face-to-face will now be delivered via Zoom. Practical components from each week will be consolidated and conducted face-to-face over 2 sessions to minimise contact and the need to head to the ISA Campus (as per previous format). For this intake, students are only required to be on campus (in small groups), in adherence to the current measures, for the 2 practical sessions.

## ISA Strength and Conditioning Workshop

Day	Topics	Schedule
1 (Theory)	<ul style="list-style-type: none"> <li>• Bioenergetics of Exercise and Training</li> <li>• Human Anatomy</li> <li>• Exercise Physiology</li> <li>• Exercise Programming and Assessment</li> </ul>	<u>Delivered via Zoom</u> Date: 27 Nov 2022 (Sun) Time: 9am – 5pm (7hr + 1hr lunch break)
2 (Theory)	<ul style="list-style-type: none"> <li>• Understanding Biomechanics of Resistance Exercise</li> <li>• Program Design and Sports Periodization</li> <li>• Anatomical Adaptions</li> <li>• Hypertrophy</li> <li>• Max Strength</li> </ul>	<u>Delivered via Zoom</u> Date: 3 Dec 2022 (Sat) Time: 9am – 5pm (7hr + 1hr lunch break)
3 (Theory)	<ul style="list-style-type: none"> <li>• Power Conversion</li> <li>• Maintenance</li> <li>• Sports Nutrition &amp; Recovery</li> <li>• Sports Psychology of Athletic Preparation and Performance</li> <li>• Performance Enhancing Substances</li> <li>• Nutritional Factors in Health and Performance</li> </ul>	<u>Delivered via Zoom</u> Date: 4 Dec 2022 (Sun) Time: 9am – 5pm (7hr + 1hr lunch break)
4 (Practical)	<ul style="list-style-type: none"> <li>• Principles of Test Selection and Administration</li> <li>• Administration, Scoring and Interpretation of Selected Tests</li> <li>• Warm-Up, Stretching, Resistance Training and Spotting Techniques</li> </ul>	<u>Delivered at ISA Campus</u> Date: 10 Dec 2022 (Sat) Time: 9am – 5pm (7hr + 1hr lunch break) Venue: 1 Stadium Place, Kallang Wave Mall, #01-09, Singapore 397628
5 (Practical)	<ul style="list-style-type: none"> <li>• Plyometric Training, Speed, Agility and Speed-Endurance Development</li> <li>• Injury Prevention and Management</li> </ul>	<u>Delivered at ISA Campus</u> Date: 11 Dec 2022 (Sun) Time: 9am – 5pm (7hr + 1hr lunch break) Venue: 1 Stadium Place, Kallang Wave Mall, #01-09, Singapore 397628

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



## ISA Strength and Conditioning Workshop

### 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-recognised 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.

