

## ISA Fitness Nutrition Course



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

**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)** 10 & 11 Dec 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** 5 Dec 2022

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🌐 www.isa.edu.sg



# ISA Fitness Nutrition Course

**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  
17 Dec 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**

# ISA Fitness Nutrition Course

## Course Schedule

10 Dec 2022 (Sat) 9am – 5pm	11 Dec 2022 (Sun) 9am – 5pm
<p><b>Introduction to Sports Nutrition</b></p> <ul style="list-style-type: none"> <li>• Factors affecting food choice</li> <li>• Novel foods</li> <li>• Digestion</li> <li>• Absorption</li> </ul> <p><b>Macronutrients</b></p> <ul style="list-style-type: none"> <li>• Carbohydrates</li> <li>• Proteins</li> <li>• Fats</li> </ul> <p><b>Micronutrients</b></p> <ul style="list-style-type: none"> <li>• Vitamin</li> <li>• Minerals</li> <li>• Water</li> </ul> <p><b>Ergogenic Aids</b></p> <ul style="list-style-type: none"> <li>• Categories of ergogenic aids</li> <li>• Uses of ergogenic aids</li> <li>• Side effects of ergogenic aids</li> </ul> <p><b>Nutritional Guidelines</b></p> <ul style="list-style-type: none"> <li>• Recommended Dietary Allowance</li> <li>• Dietary Guidelines</li> <li>• My Healthy Plate</li> <li>• Food Labels</li> <li>• Food Safety and Selection</li> </ul>	<p><b>Nutrition Throughout the Lifecycle</b></p> <ul style="list-style-type: none"> <li>• Infancy and Childhood</li> <li>• Adolescent</li> <li>• Older Adults</li> <li>• Pregnancy and Lactation</li> </ul> <p><b>Nutrition for Special Population</b></p> <ul style="list-style-type: none"> <li>• Nutrition for Athletes</li> <li>• Nutrition for Vegetarians</li> <li>• Popular diets</li> </ul> <p><b>Eating disorders</b></p> <ul style="list-style-type: none"> <li>• Types of Eating Disorders</li> <li>• Eating disorders in Athletes</li> <li>• Treatment and Prevention of Eating disorders</li> </ul> <p><b>Nutrition Coaching &amp; Meal Planning</b></p> <ul style="list-style-type: none"> <li>• Evaluation of Nutrition Status</li> <li>• Anthropometric Measurements</li> <li>• Body Types</li> <li>• Dietary Assessment</li> <li>• Biochemical Assessment</li> <li>• Functional and Clinical Status</li> <li>• Setting SMART Goals</li> <li>• Stages of Change Cycle</li> <li>• Healthy Cooking Methods</li> <li>• Calories Calculation</li> <li>• Recipe Replacement</li> <li>• Planning and Preparing a Healthy Meal</li> <li>• Tips for healthy eating when eating out</li> </ul> <p><b>Content Review</b></p>

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



## ISA Fitness Nutrition Course

### 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.

- 5 Dec 2022, 6pm – Registration and Payment Deadline
- 7 Dec 2022, 6pm – Materials (PDF) and Link for Webinar to be sent via e-mail
- 10-11 Dec 2022, 9am to 6pm – Access the Webinar via link provided
- 17 Dec 2022, 9.45am – Link for Assessment to be sent via e-mail
- 17 Dec 2022, 10am to 11.30am – Complete Assessment via link provided
- 23 Dec 2022, 6pm – Assessment Results Release via e-mail