

**ISA Certified Personal Trainer Course  
(leading to American Council on Exercise Certification)  
(GUIDED LIVE EDITION)**



**This course is designed to provide students with the knowledge and skills necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers.**

**- WHAT CAN YOU EXPECT -**



**Structured Schedule** – Paced out content to ensure you grasp key concepts required as a personal trainer during the course



**Complimentary Essential Sports Science Course** – Extra help to grasp complicated scientific concepts relevant to personal training



**Weekly Lessons** – Experienced instructors to guide you through key points online and practical concepts in person where applicable



**Guided Tutorials** – To aid your learning, our experienced instructors will point out key points of each topic



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### - DETAILS YOU NEED TO KNOW -



#### Course Duration

50 hours over 3+ months



#### Course Dates

22 Feb 2023 – 26 May 2023



#### Course Fees

\$2,198.85



#### Entry Requirements

- Min. 18 years old AND
- Valid CPR-AED Certification
  - 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

#### Continuing Education Credits (if applicable)

- 10 CoachSG CCE Hours awarded upon completion (only for NROC Registered Coaches)



#### Grants Available (T&Cs apply)

- SkillsFuture Credits: 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



### - MATERIALS YOU WILL RECEIVE -

#### ISA Materials and Access (Course Duration), which includes

- 11 x Lessons (Theory and Practical), delivered at ISA Campus and Fitness First
- 3 x Guided Tutorials, delivered via Zoom live
- ISA Theory Exam, to prepare for ACE Exam and delivered via ISA Portal + Explanation via Zoom live
- ACE Exam, held at external exam site (info to be advise during course)

#### ACE Study Materials (digital copy), which includes

- ACE Textbook - The Exercise Professional's Guide to Personal Training
- ACE Personal Trainer Study Companion
- ACE Free Practice Questions



Should you require a hard copy version of the study materials, a top up of \$100 is required

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

- |        |   |
|--------|---|
| Step 1 | Fill up the registration form at <a href="http://www.isa.edu.sg/ace-cpt-live">www.isa.edu.sg/ace-cpt-live</a> |
| 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 15 FEB 2023, 1800 HRS**



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### - WHAT IS THIS COURSE ABOUT? -



#### Course Synopsis

The **American Council on Exercise (ACE) Certified Personal Trainer** certification is an internationally-recognized and sought-after personal training certification. It equips you with the proper skills and knowledge to design safe, effective and customized personal training programs for your clients. Most of all, this prestigious certification is a transferrable skill set, and would be useful whatever your future fitness training goals may be.



#### Course Syllabus and Schedule

Refer to pages 4 – 7 for detailed course syllabus and course schedule.

### - GET MORE VALUE WITH ISA! -



#### (1) ISA Certificate of Completion for ISA Certified Personal Trainer Course

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

#### (2) ACE Certificate for ACE Certified Personal Trainers

Upon passing the ACE Certification Examination, students will be certified as an ACE Certified Personal Trainer and receive the ACE Certificate.

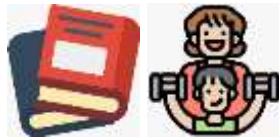


#### (3) Certificate in Essential Sports Science (Fitness Instructors)

With your sign up for the ISA Certified Personal Trainer Course, you will be offered our course in Essential Sports Science (Fitness Instructors) **COMPLIMENTARY!** This 10-hour course provides you with the required foundations in Sports Science and to grasp scientific concepts relevant to personal training.

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**- COURSE SYLLABUS AND SCHEDULE -**



11 x Lessons (Theory & Practical)



3 x Tutorials  
 (to aid your revision)



2 x Essential Sport Science Lessons  
 (10 hours, complimentary)



1 x ISA Theory Exam  
 (for practice)



1 x ACE Exam for Personal Trainers  
 (pass to get certified as a PT)

Week	Session	Topics	Schedule
1	Lesson 1	<b>THEME OF THE WEEK - INTRODUCTION</b>  <b>ACE Chapter 1</b> <ul style="list-style-type: none"> <li>Role and Scope of Practice for Personal Trainers</li> </ul> <b>ACE Chapter 16</b> <ul style="list-style-type: none"> <li>Legal Guidelines and Business Considerations</li> </ul>	<u>Delivered at Fitness First Bugis</u> Date: 22 Feb 2023 (Wed) Time: 7pm – 9pm Venue: Fitness First Bugis @ 200 Victoria Street, #04-02 Bugis Junction, Singapore 188021
2	Lesson 2	<b>THEME OF THE WEEK - PT SOFT SKILLS AND ACE IFT MODEL</b>  <b>ACE Chapter 2</b> <ul style="list-style-type: none"> <li>The ACE Integrated Fitness Training Model</li> </ul> <b>ACE Chapter 3</b> <ul style="list-style-type: none"> <li>Basics of Behaviour Change</li> </ul> <b>ACE Chapter 4</b> <ul style="list-style-type: none"> <li>Effective Communication, Goal Setting and Teaching Techniques</li> </ul>	<u>Delivered on Campus</u> Date: 1 Mar 2023 (Wed) Time: 7pm – 10pm Venue: 1 Stadiumv Place, #01-09 Kallang Wave Mall, Singapore 397628
	ESS Lesson 1	<b>ESSENTIAL SPORT SCIENCE LESSON 1 – COMPLIMENTARY</b> <ul style="list-style-type: none"> <li>Part of ISA Essential Sports Science (Fitness Instructors) Course</li> <li>5 hours' worth of Live Lecture on the Foundations of Essential Sport Science</li> </ul>	<u>Delivered via Zoom</u> Date: 4 Mar 2023 (Sat) Time: 10am – 4pm (w/ 1hr lunch break)



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3	Lesson 3	<p><b>THEME OF THE WEEK - FOUNDATIONS OF SCIENCE: ANATOMY AND KINESIOLOGY</b></p> <p><b>ACE Chapter 9</b></p> <ul style="list-style-type: none"> <li>Muscular Training: Foundations and Benefits</li> </ul>	<p><u>Delivered on Campus</u>            Date: 8 Mar 2023 (Wed)            Time: 7pm – 10pm            Venue: 1 Stadium Place, #01-09            Kallang Wave Mall, Singapore            397628</p>
	ESS Lesson 2	<p><b>ESSENTIAL SPORT SCIENCE LESSON 2 – COMPLIMENTARY</b></p> <ul style="list-style-type: none"> <li>Part of ISA Essential Sports Science (Fitness Instructors) Course</li> <li>5 hours' worth of Live Lecture on the Foundations of Essential Sport Science</li> </ul>	<p><u>Delivered via Zoom</u>            Date: 11 Mar 2023 (Sat)            Time: 10am – 4pm            (w/ 1 hr lunch break)</p>
4	Lesson 4	<p><b>THEME OF THE WEEK - PREPARTICIPATION, FITNESS ASSESSMENTS AND PROGRAM DESIGN 1 (CARDIORESPIRATORY TRAINING)</b></p> <p><b>ACE Chapter 5</b></p> <ul style="list-style-type: none"> <li>Participation Health Screening</li> </ul> <p><b>ACE Chapter 7</b></p> <ul style="list-style-type: none"> <li>Resting Assessment and Anthropometric Measurements</li> </ul> <p><b>ACE Chapter 8</b></p> <ul style="list-style-type: none"> <li>Cardiorespiratory Training: Physiology, Assessments and Programming</li> </ul>	<p><u>Delivered on Campus</u>            Date: 15 Mar 2023 (Wed)            Time: 7pm – 10pm            Venue: 1 Stadium Place, #01-09            Kallang Wave Mall, Singapore            397628</p>
	Tutorial 1	<ul style="list-style-type: none"> <li>Revision and Summary of Weeks 1 – 4</li> </ul>	<p><u>Delivered via Zoom</u>            Date: 17 Mar 2023 (Fri)            Time: 7pm – 9.30pm</p>
5	Lesson 5	<p><b>THEME OF THE WEEK - PROGRAM DESIGN 2 (CARDIORESPIRATORY TRAINING)</b></p> <p><b>ACE Chapter 8</b></p> <ul style="list-style-type: none"> <li>Cardiorespiratory Training: Physiology, Assessments and Programming</li> </ul> <p><b>ACE Chapter 11</b></p> <ul style="list-style-type: none"> <li>Integrated Exercise Programming: From Evidence to Practice</li> </ul>	<p><u>Delivered on Campus</u>            Date: 22 Mar 2023 (Wed)            Time: 7pm – 10pm            Venue: 1 Stadium Place, #01-09            Kallang Wave Mall, Singapore            397628</p>

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6	Lesson 6	<p><b>THEME OF THE WEEK - PROGRAM DESIGN 3 (MUSCULAR TRAINING)</b></p> <p><b>ACE Chapter 10</b></p> <ul style="list-style-type: none"> <li>Muscular Training: Assessments</li> </ul>	<p><u>Delivered on Campus</u> Date: 29 Mar 2023 (Wed) Time: 7pm – 10pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628</p>
	Lesson 7	<p><b>THEME OF THE WEEK - PROGRAM DESIGN 4 (MUSCULAR TRAINING)</b></p> <p><b>ACE Chapter 10</b></p> <ul style="list-style-type: none"> <li>Muscular Training: Assessments</li> </ul> <p><b>ACE Chapter 11</b></p> <ul style="list-style-type: none"> <li>Integrated Exercise Programming: From Evidence to Practice</li> </ul>	<p><u>Delivered on Campus</u> Date: 5 Apr 2023 (Wed) Time: 7pm – 10pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628</p>
8	Lesson 8	<p><b>THEME OF THE WEEK - PROGRAM DESIGN 5</b></p> <p><b>ACE Chapter 11</b></p> <ul style="list-style-type: none"> <li>Integrated Exercise Programming: From Evidence to Practice</li> </ul> <p><b>ACE Chapter 14</b></p> <ul style="list-style-type: none"> <li>Exercise Considerations across the Lifespan</li> </ul>	<p><u>Delivered on Campus</u> Date: 12 Apr 2023 (Wed) Time: 7pm – 9.30pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628</p>
	Lesson 9	<p><b>THEME OF THE WEEK - NUTRITION AND PROGRAM DESIGN 6 (SPECIAL POPULATIONS)</b></p> <p><b>ACE Chapter 6</b></p> <ul style="list-style-type: none"> <li>Nutrition for Health and Fitness</li> </ul> <p><b>ACE Chapter 12</b></p> <ul style="list-style-type: none"> <li>Considerations for Clients with Obesity</li> </ul>	<p><u>Delivered on Campus</u> Date: 19 Apr 2023 (Wed) Time: 7pm – 9.30pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628</p>
	Tutorial 2	<ul style="list-style-type: none"> <li>Revision and Summary of Weeks 5 – 7</li> </ul>	<p><u>Delivered via Zoom</u> Date: 21 Apr 2023 (Fri) Time: 7pm – 9.30pm</p>





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10	Lesson 10	<p><b>THEME OF THE WEEK</b>  <b>- PROGRAM DESIGN 7 (SPECIAL POPULATIONS)</b></p> <p><b>ACE Chapter 13</b></p> <ul style="list-style-type: none"> <li>• Considerations for Clients with Chronic Diseases</li> </ul> <p><b>ACE Chapter 14</b></p> <ul style="list-style-type: none"> <li>• Exercise Considerations across the Lifespan</li> </ul> <p><b>ACE Chapter 15</b></p> <ul style="list-style-type: none"> <li>• Considerations for Clients with Musculoskeletal Issues</li> </ul>	<p><u>Delivered on Campus</u>  Date: 26 Apr 2023 (Wed)  Time: 7pm – 9.30pm  Venue: 1 Stadium Place, #01-09  Kallang Wave Mall, Singapore  397628</p>
11	Lesson 11	<ul style="list-style-type: none"> <li>• Relevant Practical Content in relation to Weeks 9 – 10</li> </ul>	<p><u>Delivered at Fitness First Bugis</u>  Date: 3 May 2023 (Wed)  Time: 7pm – 9pm  Venue: Fitness First Bugis @ 200  Victoria Street, #04-02 Bugis Junction,  Singapore 188021</p>
	Tutorial 3	<ul style="list-style-type: none"> <li>• Revision and Summary of Weeks 8 – 10</li> </ul>	<p><u>Delivered via Zoom</u>  Date: 5 May 2023 (Fri)  Time: 7pm – 9.30pm</p>
12	ISA Theory Exam	<ul style="list-style-type: none"> <li>• Preparation for actual ACE Exam</li> <li>• Complete ISA Theory Exam (150 MCQs) on the ISA Online Portal across 3 hours at your own timing during the entire week</li> <li>• You are recommended to complete this before the ISA Theory Exam Explanation in Week 13</li> </ul>	<p><u>Delivered via ISA Online Portal</u>  Made available on the ISA Online Portal on 8 May 2023, Mon, 9am onwards till your 1st attempt at the ACE Examination</p>
13	ISA Theory Exam Explanation	<ul style="list-style-type: none"> <li>• Instructor will go through the ISA Theory Exam Questions &amp; Answers via Zoom from 7pm-10pm</li> </ul>	<p><u>Delivered via Zoom</u>  Date: 17 May 2023 (Wed)  Time: 7pm – 10pm</p>
14	ACE Exam	<ul style="list-style-type: none"> <li>• Need to pass the ACE Examination to become an ACE Certified Personal Trainer</li> <li>• Paper consists of 150 MCQs to be completed in 3 hours at an external exam site</li> </ul>	<p><b>Note for ACE Examination Registration:</b></p> <ul style="list-style-type: none"> <li>• The Course admin will get in touch with you any time during Week 8 of the course via email with details of the ACE Examination Registration and steps to take to select an examination slot.</li> <li>• Expected date range for your ACE Examination (specific to this intake) to select from: <b>22 May 2023 to 28 May 2023.</b></li> </ul>

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