

# ISA Nutrition for Health and Wellness Course



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

This course is catered towards the general population who wishes to take the next step in taking care of their health through nutrition. Diets, supplements and meal planning are the next step when one thinks of Nutrition but do you actually know the science behind it and do you really require it? Allow us to help you make an informed decision and take charge of your own nutrition.

- Course Duration** 7 hours over 1 day (Sat), 9am – 5pm
- Course Date** 29 Jul 2023
- Course Fees** \$340.00
- Continuing Education Credits (if applicable)**
  - 5 CoachSG CCE Hours awarded upon completion
  - 0.7 ACE CECs awarded upon completion
- Registration Deadline** 24 Jul 2023



# ISA Nutrition for Health and Wellness Course

## Entry Requirement

- Completed ISA Foundations of Nutrition Course  
OR
- Certified Personal Trainer/Coach^ (ACE, NSCA, CoachSG or equivalent),  
AND
- Pass the ISA Nutrition Admission Test (conducted online)

## Course Synopsis

This course guides those who wish to better their health, through understanding their nutritional needs, and applying that knowledge to their goals.

## Learning Objectives

- To select the appropriate supplements for someone
- To examine a person's current nutrition status
- To recognize possible eating disorders, and guide them to the appropriate health professional
- To design a meal plan

## Assessment

**ISA Theory Assessment** – 70% to pass  
30 MCQs in 1 hour  
5 Aug 2023, 10am - 11.00am  
(Note: Re-examination will be at a charge of \$53.50, including GST)

## Award

Upon Completion of the course, each participant will be awarded  
**Certificate of Completion for ISA Nutrition for Health and Wellness Course**

## Venue

**International Sports Academy**  
1 Stadium Place, Kallang Wall Mall, #01-11  
Singapore 397628  
(opposite beach volleyball courts)

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## Content

### Diets

- Common Diets
- Debunking Types of Diets
- Vegetarian Diets

### Supplements

- Who should take Supplements?
- Supplements and their Uses

### Nutrition when Exercising

- Nutrition for Endurance
- Nutrition for Strength
- Nutrition for Power
- Nutrition for Weight Management
- Nutrition for Vegetarian

### Eating Disorders

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Female Athlete Triad

### Nutrition Coaching and Meal Planning

- Evaluation of Nutrition Status
- Anthropometric Measurements
- Body Types
- Dietary Assessment
- Biochemical Assessment
- Functional and Clinical Status
- Setting SMART Goals
- Stages of Change Cycle
- Healthy Cooking Methods
- Calorie Calculation
- Meal Planning
- Recipe Replacement

**Note:** During the course, there will be practical and class activities to help reinforce these concepts and to see the relevance in our everyday lives.