





Certified Strength and Conditioning Specialists (CSCSs) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate.

**Course Duration** 

35 hours over 5 days (5 Weekdays)

Course Dates (Next Intake)

10, 11, 12, 13, 14 Jun 2024

Course Fees

\$2,100.00 (inclusive of course materials and examination fees)

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

**Entry Requirements** 

- Any Bachelor's Degree OR
- Chiropractic / Medicine Degree granted by an accredited institution AND
- Valid CPR-AED Certification

Continuing Education Credits (if applicable)

10 CoachSG CCE Hours awarded upon completion

**Registration Deadline** 

20 May 2024, 6pm

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(65) 6423 0668



1 Stadium Place #01-11 (S) 397628



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www.isa.edu.sa





### Course **Objectives**

Upon successful completion of the course, participants will understand:

- Structure and Function of the Muscular, Neuromuscular, Cardiovascular and Respiratory System
- Bioenergetics of Exercise and Training
- Endocrine Responses to Resistance Exercise
- Biomechanics of Resistance Exercise
- Adaptations to Anaerobic and Aerobic Training Programs
- Age and Sex Related Differences and Their Implications for Resistance Exercise
- Psychology of Athletic Preparation and Performance
- Performance Enhancing Substances
- Nutritional Factors in Health and Performance
- Principles of Test Selection and Administration
- Administration, Scoring, and Interpretation of Selected Tests
- Warm-Up, Stretching, Resistance Training and Spotting Techniques
- Plyometric Training, Speed, Agility and Speed-Endurance Development
- Periodization, Rehabilitation and Reconditioning
- Facility Organization, Risk Management, Policy Development and Procedures Manual

### Course Syllabus

Please refer to pages 3-4 for detailed course syllabus and class schedule.

#### **Award**

Upon completion of the course, each participant will be awarded

- 1. ISA Certificate of Completion for ISA Certified Strength and Conditioning **Specialist Course**
- 2. NSCA Certificate for Certified Strength and Conditioning Specialist (awarded upon passing the NSCA CSCS Certification Examination)

#### Venue

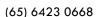
#### **International Sports Academy**

1 Stadium Place, Kallang Wave Mall, #01-11 Singapore 397628 (opposite beach volleyball courts)













#### **Detailed Content Outline**

SCIENTIFIC FOUNDATIONS (1.5 hours)		
1. Exercise Science	44 questions	
2. Sport Psychology	19 questions	
3. Nutrition	17 questions	
4. Non-scored Questions	15 questions	
Total for Scientific Foundations	95 questions	

PRACTICAL / APPLIED (2.5 hours)			
1. Exercise Techniques	44 questions		
2. Program Design	19 questions		
3. Organisation and Administration	17 questions		
4. Testing, Ongoing Monitoring and Data Evaluation	20 questions		
5. Non-scored Questions	15 questions		
Total for Practical / Applied	125 questions		

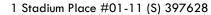
#### **Course Schedule**

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

Day	Topics	Schedule
1 (Theory)	Introduction & Preparation Strategies	Delivered via Zoom Date: 10 Jun 2024 (Mon)
(11100177	SCIENTIFIC FOUNDATIONS	Time: 9.30am – 5.30pm
	<ul> <li>Exercise Science</li> <li>Anatomy &amp; Physiology</li> <li>Bioenergetics &amp; Metabolism</li> <li>Neuroendocrine Physiology</li> <li>Adaptations to Anaerobic Training Programs</li> </ul>	(7hr + 1hr lunch break)
2 (Theory)	SCIENTIFIC FOUNDATIONS  Exercise Science  Adaptations to Aerobic Endurance Training Programs  Age- & Sex-related Differences & Their Implications for Resistance Exercise Scientific Research & Statistics in Exercise Sciences  Sports Psychology	Delivered via Zoom Date: 11 Jun 2024 (Tue) Time: 9.30am — 5.30pm (7hr + 1hr lunch break)











3	SCIENTIFIC FOUNDATIONS	Delivered Face-to-Face
(Theory)	Nutrition  PRACTICAL / APPLIED	Date: 12 Jun 2024 (Wed) Time: 9.30am — 1.30pm (4h) Venue: ISA Campus @ 1
	Testing, Ongoing Monitoring, & Data Evaluation	Stadium Place #01-09
	Exercise Technique	(S)397628
	Movement Preparation	
	<ul> <li>Resistance Training</li> </ul>	
	<ul> <li>Olympic Weightlifting &amp; Plyometric Exercise</li> </ul>	
	<ul><li>Speed &amp; Agility</li><li>Energy Systems Development</li></ul>	
	Recovery Techniques	
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3	PRACTICAL / APPLIED	Delivered Face-to-Face
(Practical)	Testing, Ongoing Monitoring, & Data Evaluation	Date: 12 Jun 2024 (Wed)
	Exercise Technique	Time: 2.30pm - 5.30pm (3h)
	<ul> <li>Movement Preparation</li> </ul>	Venue: ISA Campus @ 1
	<ul> <li>Resistance Training</li> </ul>	Stadium Place #01-09 (S)397628
	<ul> <li>Olympic Weightlifting &amp; Plyometric Exercise</li> </ul>	(3)397028
	Speed & Agility	
	Energy Systems Development     Pagarage Taghairman	
	<ul> <li>Recovery Techniques</li> </ul>	
4	PRACTICAL / APPLIED	Delivered Face-to-Face
(Practical)	Exercise Technique	Date: 13 Jun 2024 (Thu)
(i raidiidai)	Movement Preparation	Time: 9.30am – 5.30pm
	Resistance Training	(7h + 1hr lunch break)
	<ul> <li>Olympic Weightlifting &amp; Plyometric Exercise</li> </ul>	Venue: ISA Campus @ 1
	<ul> <li>Speed &amp; Agility</li> </ul>	Stadium Place #01-09
		(S)397628
5	PRACTICAL / APPLIED	Delivered via Zoom
(Theory)	Program Design & Periodisation	Date: 14 Jun 2024 (Fri)
	<ul> <li>Resistance Training</li> </ul>	Time: 9.30am — 5.30pm
	<ul> <li>Plyometic Training</li> </ul>	(7hr + 1hr lunch break)
	<ul> <li>Speed &amp; Agility Training</li> </ul>	
	Aerobic Endurance Training     Pariodistrian	
	<ul><li>Periodisation</li><li>Rehabilitation &amp; Reconditioning</li></ul>	
	<ul> <li>Rehabilitation &amp; Reconditioning</li> <li>Organisation &amp; Administration</li> </ul>	
	- Organisation & Administration	

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



(65) 6423 0668



