

## ISA Foundations of Strength and Conditioning Course

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



This course is designed to equip you with the basic theoretical and practical knowledge and skills needed to coach and cue exercises to improve fitness and performance outcomes in clients. Throughout the course, students will learn about different training programs and assessment techniques used in strength and conditioning. Students will be provided hands-on experience to improve their exercise techniques used in strength and conditioning training.

<b>Course Duration</b>	35 hours over 5 days (across 3 weekends)
<b>Course Dates (Next Intake)</b>	18, 19, 25, 26 May & 1 Jun 2024
<b>Course Fees</b>	\$950.00
<b>Registration Deadline</b>	13 May 2024
<b>Continuing Education Credits (if applicable)</b>	<ul style="list-style-type: none"> <li>3.5 ACE CECs awarded upon completion</li> </ul>

# ISA Foundations of Strength and Conditioning Course

## 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 old, and \$500.00/year for members 40 years and above

## Course Synopsis

The fundamental strength and conditioning course is designed to provide a comprehensive overview of the principles and practices of strength and conditioning training for athletes and fitness enthusiasts. This course covers the foundational principles of strength and conditioning, and various methods and techniques used in strength and conditioning training, including weightlifting, plyometrics, speed and agility training. Throughout the course, students are introduced to practical skills and techniques for coaching and cueing exercises, managing athlete safety, and providing effective feedback to athletes.

## Course Objectives

Upon successful completion of the course, participants will understand:

- Understand basic strength and conditioning principles
- Execute and supervise strength training and conditioning activities
- Understand the safety requirements needed for strength training and conditioning

## Course Syllabus

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

## Assessment

### Theory and Practical Assessment

1 Jun 2024 (Sat)

(Specific time slot for Practical Assessment will be given during the course)

## Award

Upon completion of the course, each participant will be awarded

### ISA Certificate in Foundations of Strength and Conditioning Course

## Venue

### International Sports Academy

1 Stadium Place, Kallang Wave Mall, #01-11

Singapore 397628

(opposite beach volleyball courts)

# ISA Foundations of Strength and Conditioning Course

## Course Schedule

<p>18 May 2024 (Sat) 9am – 5 pm Session 1 Delivered in person at ISA</p>	<p>19 May 2024 (Sun) 9 am – 5 pm Session 2 Delivered in person at ISA</p>	<p>25 May 2024 (Sat) 9 am – 5 pm Session 3 Delivered in person at ISA</p>
<p><b>Basic Strength Training and Conditioning Principles</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Principles of Training</li> <li>Energy Systems</li> <li>Basic Program Design Principles</li> <li>Stretching and Warm-Ups</li> <li>Sample 12 weeks Strength and Conditioning Training Program</li> </ul> <p><b>Practical for Warm-Ups / Stretching</b></p>	<p><b>Techniques and Spotting</b></p> <ul style="list-style-type: none"> <li>Technique Fundamentals</li> <li>Spotting Techniques</li> </ul> <p><b>Practical for Exercise Techniques, Coaching Cues and Spotting Techniques</b></p> <ul style="list-style-type: none"> <li>Pushing Movements</li> <li>Pulling Movements</li> <li>Hinging Movements</li> <li>Squatting Movements</li> <li>Single-Leg Movements</li> </ul>	<p><b>Introduction to Plyometrics, Speed and Agility</b></p> <ul style="list-style-type: none"> <li>Terminology</li> <li>Basic Program Design</li> <li>Sample Program for Agility and Speed Drills</li> </ul> <p><b>Practical for Plyometrics, Speed and Agility Drills and Coaching Cues</b></p> <ul style="list-style-type: none"> <li>Warm-up Drills</li> <li>Plyometrics and Landing Drills</li> <li>Speed Drills</li> <li>Agility Drills</li> </ul>
<p>26 May 2024 (Sun) 9am – 5pm Session 4 Delivered in person at ISA</p>	<p>1 Jun 2024 (Sat) 9 am – 5 pm Session 5 Delivered via online link and in person at ISA</p>	
<p><b>Safety Considerations</b></p> <ul style="list-style-type: none"> <li>Waivers and Informed Consent</li> <li>Pre-Participation Screening and Clearance</li> <li>Risk Management</li> <li>Supervision</li> <li>Facility Management</li> <li>Athlete’s Health Considerations</li> </ul> <p><b>Reflective Coaching</b></p> <p><b>Revision for Previous Practical Sessions</b></p>	<p><b>Theory Assessment (30%)</b></p> <ul style="list-style-type: none"> <li>30 questions (MCQs) to be conducted online</li> </ul> <p><b>Practical Assessment (70%)</b></p> <ul style="list-style-type: none"> <li>Each student will be given a time slot for the practical session</li> <li>Areas that will be tested:                             <ul style="list-style-type: none"> <li>10 mins warm-up session</li> <li>1 x pushing, pulling, hinging, squatting and single-leg movement each</li> <li>1 x plyometrics, speed and agility drill</li> </ul> </li> </ul>	

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