

ISA Nutrition for Health and Wellness Course



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	6 Apr 2024
Course Fees	\$340.00
Registration Deadline	1 Apr 2024
Entry Requirement	<ul style="list-style-type: none"> 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)

ISA Nutrition for Health and Wellness Course

Continuing Education Credits (if applicable)

- 5 CoachSG CCE Hours awarded upon completion
- 0.7 ACE CECs awarded upon completion

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

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
 (Conducted via an online link provided on day of test)
 30 MCQs in 1 hour
 13 Apr 2024, 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)

ISA Nutrition for Health and Wellness Course

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.