

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

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



This course is a **FULL ONLINE** course that is designed to help you get certified as an ACE (American Council on Exercise) Certified Personal Trainer, by giving you the theoretical knowledge and practical skills necessary to be an effective personal trainer.

- WHAT CAN YOU EXPECT -



Access to ISA Online Content – Specially curated content to help you understand the syllabus in the most efficient way



Flexible Schedule – Plan your own study schedule according to your personal preference



Fortnightly Online Consultation Sessions – Experienced instructors on hand to answer all your questions



Online Live Lectures – Extra help to grasp complicated scientific concepts relevant to personal training



Recorded Lectures and Practical Demonstrations – Study anytime and anywhere; replay as many times as you need



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

39 hours over 4 months



Course Dates

8 Jul 2024 – 20 Sep 2024



Course Fees

\$1,500.00



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

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 Complete registration form at www.isa.edu.sg/ace-cpt-online
- 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 1 JUL 2024, 1800 HRS

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- MATERIALS YOU WILL RECEIVE -



ISA Online Materials Access (4 months), which includes

- Weekly recorded lectures and practical demonstrations
- Guided tutorials
- Fortnightly online consultations
- ISA Theory Exam (150 questions), to prepare for ACE Exam and delivered via ISA Portal



ACE Online Materials (digital copy), which includes

- ACE The Exercise Professional's Guide to Personal Training (Textbook)
- ACE Personal Trainer Study Companion
- Free Practice Questions (redeemable via code)

- 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 -



10 weeks x Recorded Lectures and Practical Demonstrations



5 sessions x Fortnightly Consultation with ISA Instructor



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 | Content | Remarks |
|------|--|--|
| 1 | THEME OF THE WEEK - INTRODUCTION ACE Chapter 1 <ul style="list-style-type: none"> Role and Scope of Practice for Personal Trainers ACE Chapter 16 <ul style="list-style-type: none"> Legal Guidelines and Business Considerations | Available on ISA Online Portal |
| | ESSENTIAL SPORT SCIENCE LESSON 1 – COMPLIMENTARY <ul style="list-style-type: none"> Part of ISA Essential Sports Science (Fitness Instructors) Course 5 hours' worth of Live Lecture on the Foundations of Essential Sport Science | <u>Delivered via Zoom</u> Date: 13 Jul 2024 (Sat) Time: 10am – 4pm (w/1hr lunch break) |
| 2 | THEME OF THE WEEK - PT SOFT SKILLS AND ACE IFT MODEL ACE Chapter 2 <ul style="list-style-type: none"> The ACE Integrated Fitness Training Model ACE Chapter 3 <ul style="list-style-type: none"> Basics of Behaviour Change ACE Chapter 4 <ul style="list-style-type: none"> Effective Communication, Goal Setting and Teaching Techniques | Available on ISA Online Portal |
| | CONSULTATION 1 <ul style="list-style-type: none"> Consult our ISA Instructor on Week 1 & 2 Content | <u>Delivered via Zoom</u> Date: 16 Jul 2024 (Tue) Time: 7pm – 8pm |

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| 3 | <p>THEME OF THE WEEK - FOUNDATIONS OF SCIENCE: ANATOMY AND KINESIOLOGY</p> <p>ACE Chapter 9</p> <ul style="list-style-type: none"> - Muscular Training: Foundations and Benefits | Available on ISA Online Portal |
| | <p>ESSENTIAL SPORT SCIENCE LESSON 2 – COMPLIMENTARY</p> <ul style="list-style-type: none"> • Part of ISA Essential Sports Science (Fitness Instructors) Course • 5 hours' worth of Live Lecture on the Foundations of Essential Sport Science | <p><u>Delivered via Zoom</u> Date: 27 Jul 2024 (Sat) Time: 10am – 4pm (w/1hr lunch break)</p> |
| 4 | <p>THEME OF THE WEEK - PREPARTICIPATION, FITNESS ASSESSMENTS AND PROGRAM DESIGN 1 (CARDIORESPIRATORY TRAINING)</p> <p>ACE Chapter 5</p> <ul style="list-style-type: none"> • Participation Health Screening <p>ACE Chapter 7</p> <ul style="list-style-type: none"> • Resting Assessment and Anthropometric Measurements <p>ACE Chapter 8</p> <ul style="list-style-type: none"> • Cardiorespiratory Training: Physiology, Assessments and Programming | Available on ISA Online Portal |
| | <p>CONSULTATION 2 Consult our ISA Instructor on Week 3 & 4 Content</p> | <p><u>Delivered via Zoom</u> Date: 30 Jul 2024 (Tue) Time: 7pm – 8pm</p> |
| | <p>TUTORIAL 1</p> <ul style="list-style-type: none"> • Revision and Summary of Weeks 1 – 4 | <p><u>Delivered via Zoom</u> Date: 2 Aug 2024 (Fri) Time: 7pm – 9.30pm</p> |
| 5 | <p>THEME OF THE WEEK - PROGRAM DESIGN 2 (CARDIORESPIRATORY TRAINING)</p> <p>ACE Chapter 8</p> <ul style="list-style-type: none"> - Cardiorespiratory Training: Physiology, Assessments and Programming <p>ACE Chapter 11</p> <ul style="list-style-type: none"> - Integrated Exercise Programming: From Evidence to Practice | Available on ISA Online Portal |

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| 6 | <p>THEME OF THE WEEK - PROGRAM DESIGN 3 (MUSCULAR TRAINING)</p> <p>ACE Chapter 10</p> <ul style="list-style-type: none"> Muscular Training: Assessments | Available on ISA Online Portal |
| | <p>CONSULTATION 3</p> <ul style="list-style-type: none"> Consult our ISA Instructor on Week 5 & 6 Content | <p><u>Delivered via Zoom</u> Date: 13 Aug 2024 (Tue) Time: 7pm – 8pm</p> |
| 7 | <p>THEME OF THE WEEK - PROGRAM DESIGN 4 (MUSCULAR TRAINING)</p> <p>ACE Chapter 10</p> <ul style="list-style-type: none"> Muscular Training: Assessments <p>ACE Chapter 11</p> <ul style="list-style-type: none"> Integrated Exercise Programming: From Evidence to Practice | Available on ISA Online Portal |
| | 8 | <p>THEME OF THE WEEK - PROGRAM DESIGN 5</p> <p>ACE Chapter 11</p> <ul style="list-style-type: none"> Integrated Exercise Programming: From Evidence to Practice <p>ACE Chapter 14</p> <ul style="list-style-type: none"> Exercise Considerations across the Lifespan |
| | <p>CONSULTATION 4</p> <ul style="list-style-type: none"> Consult our ISA Instructor on Week 7 & 8 Content | <p><u>Delivered via Zoom</u> Date: 27 Aug 2024 (Tue) Time: 7pm – 8pm</p> |
| 9 | <p>THEME OF THE WEEK - NUTRITION AND PROGRAM DESIGN 6 (SPECIAL POPULATIONS)</p> <p>ACE Chapter 6</p> <ul style="list-style-type: none"> Nutrition for Health and Fitness <p>ACE Chapter 12</p> <ul style="list-style-type: none"> Considerations for Clients with Obesity | Available on ISA Online Portal |
| | <p>TUTORIAL 2 Revision and Summary of Weeks 5 - 7</p> | <p><u>Delivered via Zoom</u> Date: 6 Sep 2024 (Fri) Time: 7pm – 9.30pm</p> |

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| 10 | <p>THEME OF THE WEEK - PROGRAM DESIGN 7 (SPECIAL POPULATIONS)</p> <p>ACE Chapter 13</p> <ul style="list-style-type: none"> • Considerations for Clients with Chronic Diseases <p>ACE Chapter 14</p> <ul style="list-style-type: none"> • Exercise Considerations across the Lifespan <p>ACE Chapter 15</p> <ul style="list-style-type: none"> • Considerations for Clients with Musculoskeletal Issues <p>CONSULTATION 5</p> <ul style="list-style-type: none"> • Consult our ISA Instructor on Week 9 & 10 Content | <p>Available on ISA Online Portal</p> |
| 11 | <p>TUTORIAL 3</p> <ul style="list-style-type: none"> • Revision and Summary of Weeks 8 – 10 | <p><u>Delivered via Zoom</u> Date: 10 Sep 2024 (Tue) Time: 7pm – 8pm</p> |
| 12 | <p>ISA THEORY EXAMINATION</p> <ul style="list-style-type: none"> • Preparation for actual ACE Exam • Complete ISA Theory Exam (150 MCQs) on the ISA Online Portal across 3 hours at your own timing during the entire week | <p><u>Delivered via ISA Portal</u> Made available on the ISA Online Portal on 23 Sep 2024, Mon, 9am onwards till your 1st attempt at the ACE Examination</p> |
| 13 till end of the course | <p>Note for ACE Examination Registration:</p> <ul style="list-style-type: none"> • The Course admin will get in touch with you any time during Week 8/9 of the course via email with details of the ACE Examination Registration and steps to take to select an examination slot. • Expected date range for your ACE Examination (specific to this intake) to select from 30 Sep 2024 to 7 Nov 2024. | - |

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

