





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 3 weekends (Sat & Sun)

Course Dates (Next Intake)

14, 15, 21, 22, 28 Sep 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

24 Aug 2024, 6pm

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(65) 6423 0668



1 Stadium Place #01-11 (S) 397628



info@isa.edu.sg







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

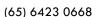
International Sports Academy

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)		
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1. Exercise Techniques	44 questions	
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2. Program Design	19 questions	
2 Our miseries and Administration	17	
3. Organisation and Administration	17 questions	
4. Testing, Ongoing Monitoring and Data Evaluation	20 questions	
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5. Non-scored Questions	15 questions	
5. 140H-300Fed Questions		
Total for Practical / Applied	125 questions	

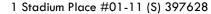
Course Schedule

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.

Topics	Schedule
Introduction & Preparation Strategies	Delivered via Zoom Date: 14 Sep 2024 (Sat)
SCIENTIFIC FOUNDATIONS	Time: 9.30am — 5.30pm
 Exercise Science Anatomy & Physiology Bioenergetics & Metabolism Neuroendocrine Physiology Adaptations to Anaerobic Training Programs 	(7hr + 1hr lunch break)
SCIENTIFIC FOUNDATIONS	Delivered via Zoom
 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 	Date: 15 Sep 2024 (Sun) Time: 9.30am — 5.30pm (7hr + 1hr lunch break)
	Introduction & Preparation Strategies SCIENTIFIC FOUNDATIONS • Exercise Science











3	SCIENTIFIC FOUNDATIONS	Delivered Face-to-Face
(Theory)	Nutrition	Date: 21 Sep 2024 (Sat)
		Time: 9.30am - 1.30pm (4h)
	PRACTICAL / APPLIED	Venue: ISA Campus @ 1
	 Testing, Ongoing Monitoring, & Data Evaluation 	Stadium Place #01-09
	Exercise Technique	(S)397628
	 Movement Preparation 	
	 Resistance Training 	
	 Olympic Weightlifting & Plyometric Exercise 	
	 Speed & Agility 	
	 Energy Systems Development 	
	 Recovery Techniques 	
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(Prostical)	PRACTICAL / APPLIED	Delivered Face-to-Face
(Practical)	Testing, Ongoing Monitoring, & Data Evaluation	Date: 21 Sep 2024 (Sat) Time: 2.30pm — 5.30pm (3h)
	Exercise Technique	Venue: ISA Campus @ 1
	Movement Preparation Positions Training	Stadium Place #01-09
	Resistance Training Olympia Waightlifting & Plyametria Exercise	(S)397628
	Olympic Weightlifting & Plyometric ExerciseSpeed & Agility	(3/3// 3/2
	 Speed & Agilly Energy Systems Development 	
	Recovery Techniques	
	C Receivery recuminques	
4	PRACTICAL / APPLIED	Delivered Face-to-Face
(Practical)	Exercise Technique	Date: 22 Sep 2024 (Sun)
	Movement Preparation	Time: 9.30am - 5.30pm
	 Resistance Training 	(7h + 1hr lunch break)
	 Olympic Weightlifting & Plyometric Exercise 	Venue: ISA Campus @ 1
	 Speed & Agility 	Stadium Place #01-09
		(S)397628
5	PRACTICAL / APPLIED	Delivered via Zoom
(Theory)	 Program Design & Periodisation 	Date: 28 Sep 2024 (Sat)
	 Resistance Training 	Time: 9.30am - 5.30pm
	 Plyometic Training 	(7hr + 1hr lunch break)
	 Speed & Agility Training 	
	Aerobic Endurance Training	
	Periodisation Periodisation	
	Rehabilitation & Reconditioning	
	Organisation & Administration	

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



(65) 6423 0668



