



# ***NSCA Certified Strength and Conditioning Specialist Course***

**Members' price  
available**  
*(All courses apply)*

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)**

**2, 3, 4, 5 & 6  
Sep 2024**



### **Course Fees**

**\$1,470.00**  
(Member price)\*  
**\$2,100.00**  
(Public price)



### **Registration Deadline**

**12 Aug 2024,  
1800HRS**

***\*You can register for membership on our website ([nscasingapore.org](http://nscasingapore.org)) prior to registering or concurrently  
You must be a member at the point of registration of the course to enjoy the member price.***

## ***NSCA CSCS***



### ***GRANTS AVAILABLE*** ***(T&GS 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

# ***NSCA CSCS***



## ***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



## ***AWARD***

Upon completion of the course, each participant will be awarded

1. **NSCA Global Chapter Singapore Certificate of Completion for NSCA 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***

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### **SCIENTIFIC FOUNDATIONS (1.5 hours)**

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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**

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### **PRACTICAL / APPLIED (2.5 hours)**

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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**

*The cost of the NSCA Examination is included as part of course fees.*

## Course Schedule

Day	Topics	Schedule
1 (Theory)	<p><b>Introduction &amp; Preparation Strategies</b></p> <p><b><u>SCIENTIFIC FOUNDATIONS</u></b></p> <p><b>o Exercise Science</b></p> <ul style="list-style-type: none"> <li>• Anatomy &amp; Physiology</li> <li>• Bioenergetics &amp; Metabolism</li> <li>• Neuroendocrine Physiology</li> <li>• Adaptations to Anaerobic Training Programs</li> </ul>	<p><b><u>Delivered via Zoom</u></b></p> <p>Date: 2 Sep 2024 (Mon) Time: 9.30am – 5.30pm (7hr + 1hr lunch break)</p>
2 (Theory)	<p><b><u>SCIENTIFIC FOUNDATIONS</u></b></p> <p><b>o Exercise Science</b></p> <ul style="list-style-type: none"> <li>• Adaptations to Aerobic Endurance Training Programs</li> <li>• Age- &amp; Sex-related Differences &amp; Their Implications for Resistance Exercise</li> <li>• Scientific Research &amp; Statistics in Exercise Sciences</li> </ul> <p><b>o Sports Psychology</b></p>	<p><b><u>Delivered via Zoom</u></b></p> <p>Date: 3 Sep 2024 (Tue) Time: 9.30am – 5.30pm (7hr + 1hr lunch break)</p>
3 (Theory & Practical)	<p><b><u>SCIENTIFIC FOUNDATIONS</u></b></p> <p><b>o Nutrition</b></p> <p><b><u>PRACTICAL / APPLIED</u></b></p> <p><b>o Testing, Ongoing Monitoring, &amp; Data Evaluation</b></p> <p><b>o Exercise Technique</b></p> <ul style="list-style-type: none"> <li>• Movement Preparation</li> <li>• Resistance Training</li> <li>• Olympic Weightlifting &amp; Plyometric Exercise</li> <li>• Speed &amp; Agility</li> <li>• Energy Systems Development</li> <li>• Recovery Techniques</li> </ul>	<p><b><u>Delivered Face-to-Face</u></b></p> <p>Date: 4 Sep 2024 (Wed) Time: 9.30am – 1.30pm (4h) Venue: ISA Campus @ 1 Stadium Place #01-09 (S)397628</p>

## Course Schedule

Day	Topics	Schedule
3 (Theory & Practical)	<p><b><u>PRACTICAL / APPLIED</u></b></p> <ul style="list-style-type: none"> <li>o <b>Testing, Ongoing Monitoring, &amp; Data Evaluation</b></li> <li>o <b>Exercise Technique</b> <ul style="list-style-type: none"> <li>• Movement Preparation</li> <li>• Resistance Training</li> <li>• Olympic Weightlifting &amp; Plyometric Exercise</li> <li>• Speed &amp; Agility</li> <li>• Energy Systems Development</li> <li>• Recovery Techniques</li> </ul> </li> </ul>	<p><b><u>Delivered Face-to-Face</u></b></p> <p>Date: 4 Sep 2024 (Wed)  Time: 2.30pm – 5.30pm (3h)  Venue: ISA Campus @ 1 Stadium Place #01-09 (S)397628</p>
4 (Practical)	<p><b><u>PRACTICAL / APPLIED</u></b></p> <ul style="list-style-type: none"> <li>o <b>Exercise Technique</b> <ul style="list-style-type: none"> <li>• Movement Preparation</li> <li>• Resistance Training</li> <li>• Olympic Weightlifting &amp; Plyometric Exercise</li> <li>• Speed &amp; Agility</li> </ul> </li> </ul>	<p><b><u>Delivered Face-to-Face</u></b></p> <p>Date: 5 Sep 2024 (Thu)  Time: 9.30am – 5.30pm (7h + 1hr lunch break)  Venue: ISA Campus @ 1 Stadium Place #01-09 (S)397628</p>
5 (Theory)	<p><b><u>PRACTICAL / APPLIED</u></b></p> <ul style="list-style-type: none"> <li>o <b>Program Design &amp; Periodisation</b> <ul style="list-style-type: none"> <li>• Resistance Training</li> <li>• Plyometric Training</li> <li>• Speed &amp; Agility Training</li> <li>• Aerobic Endurance Training</li> <li>• Periodisation</li> <li>• Rehabilitation &amp; Reconditioning</li> </ul> </li> <li>o <b>Organisation &amp; Administration</b></li> </ul>	<p><b><u>Delivered via Zoom</u></b></p> <p>Date: 6 Sep 2024 (Fri)  Time: 9.30am – 5.30pm (7hr + 1hr lunch break)</p>

## ***Authorised Education Partners***

*The following organisations are authorised to administer  
NSCA Global Chapter Singapore programs*



**INTERNATIONAL  
SPORTS  
ACADEMY**



**INTERNATIONAL  
MANAGEMENT &  
SPORTS COLLEGE**