



# ***NSCA Certified Personal Trainer Course - GUIDED LIVE EDITION***

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

The NSCA Certified Personal Trainer Course is a comprehensive program designed to train individuals in the knowledge and practical skills necessary to become proficient certified personal trainers. Through a combination of theoretical and hands-on training, participants will develop the expertise needed to design personalised workout plans, provide coaching and support, and guide clients towards achieving their fitness goals.



**Course Duration**  
**40 hours over 3  
weekends**



**Course Dates  
(Next Intake)**  
**5, 6, 12, 13, 19, 20 Oct  
2024**



**Course Fees**  
**\$1,050.00  
(Member price)\***  
**\$1,500.00  
(Public price)**



**Registration Deadline**  
**19 Sept 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 CPT**



### **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**

- 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)*



## ***NSCA CPT***



### ***MATERIALS YOU WILL RECEIVE***

**ISA Materials** (Course Duration), which includes

- 6 x Sessions (Theory and Practical)
- ISA Mock Exam, to prepare for NSCA Exam + Explanation

**NSCA Materials** (digital copy), which includes

- NSCA Textbook – Essentials of Personal Training (3rd ed.)
- NSCA-CPT Study Guide
- NSCA Exam Ticket, held at external exam site (info to be advise during course of study)



### ***VENUE***

**International Sports Academy**

1 Stadium Place, Kallang Wave Mall, #01-11, Singapore 397628 (opposite beach volleyball courts)



### ***AWARD***

Upon completion of the course, each participant will be awarded

1. **NSCA Global Chapter Singapore Certificate of Completion for NSCA Certified Personal Trainer Course**
2. **NSCA Certificate for Certified Personal Trainer** (awarded upon passing the NSCA CSCS Certification Examination)



# **NSCA CPT**



## **COURSE OBJECTIVES**

Upon successful completion of the course, the participants will be able to:

- Demonstrate an understanding of fundamental exercise science principles, including anatomy, physiology, biomechanics, and bioenergetics
- Explain the relationship between exercise and the body's response and adaptation
- Analyse and interpret fitness test results to identify strengths and areas for improvement based on client's fitness level
- Create well-structured and periodised exercise programs that align with specific client goals and training objectives
- Apply exercise programming principles to design workout routines tailored to specific client scenarios
- Develop strategies to integrate cardiovascular and resistance training into comprehensive fitness regimens for different populations
- Critique and modify exercise programs based on client feedback and progress evaluations
- Evaluate the effectiveness of nutrition recommendations in supporting clients' performance and health goals
- Assess and improve personal coaching and communication skills to enhance client motivation and adherence
- Demonstrate competency in applying training techniques and exercise modifications through hands-on training
- Assess the business aspects of personal training, identifying potential legal and ethical challenges and proposing appropriate solutions.





## ***Detailed Content Outline***

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### **NSCA-CERTIFIED PERSONAL TRAINER EXAM DESCRIPTION (3 hours)**

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1. Client Consultation/Assessment	32 questions
2. Program Planning	45 questions
3. Techniques of Exercise	43 questions
4. Safety, Emergency Procedures and Legal Issues	20 questions
5. Non-Scored Questions	15 questions

#### **Total for Scientific Foundations**

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

15 questions



## Course Schedule

Week	Session 1 31 Aug, 9am – 5pm (with 1 hour break)	Session 2 1 Sep, 9am – 5pm (with 1 hour break)
1	<p><b>Introduction and Preparation Strategies</b></p> <p><b>Introduction to Exercise Science</b></p> <ul style="list-style-type: none"> <li>• Anatomy and Physiology</li> <li>• Biomechanics</li> <li>• Bioenergetics</li> <li>• Training Adaptations</li> </ul> <p><b>Client Consultation and Assessment (Part 1)</b></p> <ul style="list-style-type: none"> <li>• Fitness Evaluation</li> <li>• Basic Nutrition</li> </ul>	<p><b>Program Planning (Part 1)</b></p> <ul style="list-style-type: none"> <li>• Goal Setting and Motivation</li> <li>• Program Design</li> <li>• Training Adaptations</li> <li>• Special Populations</li> </ul> <p><b>Techniques of Exercise (Part 1)</b></p> <ul style="list-style-type: none"> <li>• Flexibility and Warm-up, Bodyweight, Stability Ball, and Cardiovascular Exercise Techniques</li> <li>• Resistance Training, Plyometric and Speed Training</li> </ul> <p><b>Safety, Emergency Procedures, and Legal Issues (Part 1)</b></p>
	Session 3 7 Sep, 9am – 5pm (with 1 hour break)	Session 4 8 Sep, 9am – 5pm (with 1 hour break)
2	<p><b>Client Consultation and Assessment (Part 2)</b></p> <ul style="list-style-type: none"> <li>• Initial Interview</li> <li>• Medical History and Health Appraisal</li> <li>• Fitness Evaluation</li> <li>• Basic Nutrition Review</li> </ul>	<p><b>Program Planning (Part 1)</b></p> <ul style="list-style-type: none"> <li>• Goal Setting</li> <li>• Program Design</li> <li>• Training Adaptations</li> <li>• Special Populations</li> </ul>





## Course Schedule

Week	<p style="text-align: center;"><b>Session 5</b>  <b>14 Sep, 9am – 5pm (with 1 hour break)</b></p>
<b>3</b>	<p><b>Techniques of Exercise (Part 1)</b></p> <ul style="list-style-type: none"> <li>• Machine Resistance Exercise</li> <li>• Free Weight Exercises (E.g., Barbells, Dumbbells)</li> <li>• Flexibility Exercises (E.g., Static, Ballistic, Dynamic, PNF, Active-Isolated Stretching)</li> <li>• Calisthenics and Body Weight Exercises (E.g., Yoga, Pull-up, Push-up, Torso Exercises, Suspension)</li> <li>• Sport-specific/ Performance-related Activities (E.g., Plyometrics, Sprinting, Agility Drills, Reaction)</li> <li>• Cardiovascular Machines (E.g., Treadmill, Stationary Bike, Rowing Machine, Stepping Machine, Elliptical Trainer, Upper-body Ergometer)</li> <li>• Non-machine Cardiovascular Activities (E.g., Running, Walking, Swimming, Aerobic Dancing)</li> <li>• Alternative Training Activities (E.g., Tire-flipping, Weighted Carries, Weighted Bags, Ropes, Chains,</li> <li>• Stability Balls, Kettlebells, Medicine Balls, Resistance Bands, Balance, Club, Sled, Manual Resistance)</li> </ul> <p style="text-align: center;"><b>Session 6</b>  <b>15 Sep, 9am – 3pm (with 1 hour break)</b></p> <p><b>Safety, Emergency Procedures, and Legal Issues (Part 2)</b></p> <ul style="list-style-type: none"> <li>• Safety Procedures</li> <li>• Emergency Response</li> <li>• Professional, Legal, and Ethical Responsibility</li> </ul> <p><b>Mock Exam and Review</b></p> <ul style="list-style-type: none"> <li>• Preparation for actual NSCA Exam</li> <li>• Complete ISA Mock Exam</li> <li>• Instructor will go through the ISA Mock Exam immediately after</li> </ul>



## ***Course Schedule***

### **Exam**

#### **Note for Examination Registration Process:**

- The course admin will get in touch with you during the course with details of the NSCA Examination Registration process.
- Expected date for your NSCA Examination (specific to this intake) will be within 120days of receiving the examination ticket in your account.

#### **Note for NSCA Examination:**

- You will need to pass the NSCA Examination to become an NSCA Certified Personal Trainer
- The paper consists of 155 MCQs to be completed in 3 hours.
- Out of the 155 MCQs, 140 will be scored and 15 will be unscored. You will not know which questions will be scored/unscored.

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

**Please note that course dates and times are subject to change at the discretion of the NSCA GC Singapore.**





## ***Authorised Education Partners***

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



**INTERNATIONAL  
SPORTS  
ACADEMY**



**INTERNATIONAL  
MANAGEMENT &  
SPORTS COLLEGE**