

**ISA Certified Health and Wellness Coach Course
(leading to American Council on Exercise Certification)
(GUIDED LIVE EDITION)**



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

This course is designed to help you get certified as an ACE (American Council on Exercise) Certified Health Coach, by providing you with the theoretical and practical knowledge and skills needed to empower client to adopt and sustain healthy lifestyle behaviours that can prevent and mitigate chronic diseases.

- WHAT CAN YOU EXPECT -



Structured Schedule – Paced out content to ensure you grasp key concepts required as a personal trainer during the course



Weekly Lessons – Experienced instructors to guide you through key points online and practical concepts in person where applicable



Guided Sessions – To aid your learning, our experienced instructors will point out key points of each topic and revision

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- DETAILS YOU NEED TO KNOW -



Course Duration

48 hours over 2 weekends



Course Dates

22 Nov 2024 – 1 Dec 2024



Course Fees

\$2500.00



Entry Requirements

- (1 a) Valid NCCA Accredited Certification in Fitness, Nutrition, Healthcare, Wellness, Human Resource or affiliated field (e.g. ACE/NSCA/ACSM/NASM/NCSF Certified Personal Trainer);

OR

(1 b) An associate degree or higher from an accredited college or university in fitness, exercise science, nutrition, healthcare, wellness or a related field

AND

(2) 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

Grants Available (T&Cs apply)

SKILLSfuture SG

- SkillsFuture Credits: For Singaporeans 25 years old and above with minimum 75% attendance rate

UTAP

- 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

- MATERIALS YOU WILL RECEIVE -

ISA Materials and Access (Course Duration), which includes

- 6 x Lessons (Theory and Practical), delivered at ISA Campus
- ISA Theory Exam, to prepare for ACE Exam and delivered via ISA Portal + Explanation during the Guided Tutorials
- ACE Exam, held at external exam site (info to be advise during course)

ACE Study Materials (digital copy), which includes

- ACE Textbook – The Professional's Guide to Health and Wellness Coaching
- ACE Study Companion – The Professional's Guide to Health and Wellness Coaching



Should you require a hard copy version of the study materials, a top up of \$100 is required



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www.isa.edu.sg

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- HOW TO REGISTER IN 5 EASY STEPS -

- Step 1 Fill up the registration form at www.isa.edu.sg/courses/health-wellness-coach-ace/
- 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 18 NOV 2024, 1 800 HRS

- WHAT IS THIS COURSE ABOUT? -



Course Synopsis

In Singapore, chronic diseases such as hypertension, hyperlipidaemia, and obesity are on the rise. Greater emphasis has been placed on health promotion and preventive care. As a health and wellness coach, you can use behaviour-change science and principles of lifestyle medicine to empower clients in adopting and sustaining healthy lifestyle behaviours. In this course, you will learn practical and effective strategies that can be implemented to facilitate lifestyle change, and positively impact the health and well-being of others. This course is for exercise professionals or healthcare workers who are keen to learn and practice active listening, motivational interviewing, and client-centered goal-setting, which are powerful tools to empower clients to be proactive in their health and well-being



Course Syllabus and Schedule

Refer to pages 4 – 6 for detailed course syllabus and course schedule.

- GET MORE VALUE WITH ISA! -



(1) ISA Certificate of Completion for ISA Certified Health and Wellness Coach Course

Upon completion of the course, participants will receive the above-mentioned certificate.

(2) ACE Certificate for ACE Certified Health Coach

Upon passing the ACE Certification Examination, students will be certified as an ACE Certified Health Coach and receive the ACE Certificate.

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- COURSE SYLLABUS AND SCHEDULE -



6 x Lessons
(Theory & Practical)



1 x ACE Exam for Health Coach
(pass to get certified as a Health Coach)



1 x ISA Theory Exam
(for practice)

Week	Session	Topics	Schedule
1	Lesson 1	<p>CHAPTERS OF THE DAY</p> <ul style="list-style-type: none"> ACE CHAPTER 2, 3, 4, 5 and 6 <p>Introduction</p> <p>Coaching Structure and Experience</p> <ul style="list-style-type: none"> Coach preparation Initial session or before Early sessions Ongoing sessions Session termination <p>Coaching Process: Techniques and Skills in Developing Positive Coaching Relationship (1)</p> <ul style="list-style-type: none"> Client-centered relationship Trust and rapport Active listening and presence Client emotions and self-compassion Client-centered relationship Trust and rapport Active listening and presence Client emotions and self-compassion Reflections Expand the conversation and encourage exploration <p>Coaching Practical (1)</p>	<p><u>Delivered on Campus</u> Date: 22 Nov 2024 (Fri) Time: 10am – 6pm Venue: 1 Stadium, Place, #01-09 Kallang Wave Mall, Singapore 397628</p>



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2	Lesson 2	<p>CHAPTERS OF THE WEEK</p> <ul style="list-style-type: none"> • ACE CHAPTER 2, 3 AND 4 <p>Coaching Process: Techniques and Skills in Developing Positive Coaching Relationship (2)</p> <ul style="list-style-type: none"> • Focus and refocus the conversation toward decision, goal setting, and commitment • Assist client to evaluate health information • Goal setting • Commitment to action • Implementation of goal <p>Mastering the Transtheoretical Model</p> <p>Coaching Practical (2)</p>	<p><u>Delivered on Campus</u> Date: 23 Nov 2024 (Sat) Time: 10am – 6pm Venue: 1 Stadium, Place, #01-09 Kallang Wave Mall, Singapore 397628</p>
3	Lesson 3	<p>CHAPTERS OF THE WEEK</p> <ul style="list-style-type: none"> • ACE CHAPTER 2, 3 AND 4 <p>Coaching Process: Techniques and Skills in Developing Positive Coaching Relationship (3)</p> <ul style="list-style-type: none"> • Client awareness and reframing of thoughts • Client’s freedom of choice, autonomy, and intrinsic motivation • Self-efficacy • Support systems • Client self-discovery and experimentation • Positive psychology <p>Mastering Motivational Interviewing</p> <p>Coaching Practical (3)</p>	<p><u>Delivered on Campus</u> Date: 24 Nov 2024 (Sun) Time: 10am – 6pm Venue: 1 Stadium, Place, #01-09 Kallang Wave Mall, Singapore 397628</p>
4	Lesson 4	<p>CHAPTERS OF THE WEEK</p> <ul style="list-style-type: none"> • ACE CHAPTER 3, 8, 11, 12, 13, 14, 15 AND 16 <p>Concepts of Health and Wellness (Chronic Diseases)</p> <ul style="list-style-type: none"> • Hypertension • Diabetes / pre-diabetes • Overweight and obesity • Cardiovascular disease • Lipid abnormalities • Metabolic syndrome • Depression and anxiety • Arthritis, inflammation, and other medical conditions 	<p><u>Delivered on Campus</u> Date: 29 Nov 2024 (Fri) Time: 10am – 6pm Venue: 1 Stadium, Place, #01-09 Kallang Wave Mall, Singapore 397628</p>

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		<p>Concepts of Health and Wellness (Lifestyle Factors 1)</p> <ul style="list-style-type: none"> • Weight management, optimal nutrition and hydration • Application of the Transtheoretical model in healthy eating <p>Coaching Practical (4)</p>	
5	Lesson 5	<p>CHAPTERS OF THE WEEK</p> <ul style="list-style-type: none"> • ACE CHAPTER 3, 7, 9 AND 10 <p>Concepts of Health and Wellness (Lifestyle Factors 2)</p> <ul style="list-style-type: none"> • Physical activity and sedentary lifestyle • Application of the Transtheoretical model in exercise • Sleep • Application of the Transtheoretical model in sleep • Stress and emotional wellness • Tobacco use • Application of the Transtheoretical model in tobacco cessation • Alcohol use and substance abuse • Application of the Transtheoretical model in managing alcohol problems <p>Coaching Practical (5)</p>	<p><u>Delivered on Campus</u> Date: 30 Nov 2024 (Sat) Time: 10am – 6pm Venue: 1 Stadium, Place, #01-09 Kallang Wave Mall, Singapore 397628</p>
6	Lesson 6	<p>CHAPTERS OF THE WEEK</p> <ul style="list-style-type: none"> • ACE CHAPTER 1, 17 AND 18 <p>Ethics, Legal and Business of Health and Wellness Coaching</p> <ul style="list-style-type: none"> • Ethics and legal aspect • Business of health and wellness coaching <p>Coaching Practical (6)</p> <p>Revision and Summary of Content</p>	<p><u>Delivered on Campus</u> Date: 1 Dec 2024 (Sun) Time: 10am – 6pm Venue: 1 Stadium, Place, #01-09 Kallang Wave Mall, Singapore 397628</p>

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

