





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.



Access to ISA Online Content -

Specially curated content to help you understand the syllabus in the most efficient way



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

- WHAT CAN YOU EXPECT -



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



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



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



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 Dec 2024 – 28 Feb 2025



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 I	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 DEC 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 a internationallyrecognized 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.





- (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)

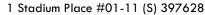


1 x ACE Exam for Personal Trainers (pass to get certified as a PT)

Week	Content	Remarks
1	THEME OF THE WEEK - INTRODUCTION	Available on ISA Online Portal
	ACE Chapter 1	
	Role and Scope of Practice for Personal Trainers	
	ACE Chapter 16	
	Legal Guidelines and Business Considerations	
	ESSENTIAL SPORT SCIENCE LESSON 1 – COMPLIMENTARY	Delivered via Zoom
	 Part of ISA Essential Sports Science (Fitness Instructors) Course 	Date: 14 Dec 2024 (Sat) Time: 10am — 4pm (w/1hr lunch
	 5 hours' worth of Live Lecture on the Foundations of Essential Sport Science 	break)
2	THEME OF THE WEEK - PT SOFT SKILLS AND ACE IFT MODEL	Available on ISA Online Portal
	ACE Chapter 2	
	The ACE Integrated Fitness Training Model	
	ACE Chapter 3	
	Basics of Behaviour Change	
	ACE Chapter 4	
	 Effective Communication, Goal Setting and Teaching Techniques 	
	CONSULTATION 1	Delivered via Zoom
	Consult our ISA Instructor on Week 1 & 2 Content	Date: 19 Dec 2024 (Thu) Time: 7pm — 8pm

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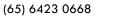




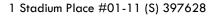




3	THEME OF THE WEEK - FOUNDATIONS OF SCIENCE: ANATOMY AND KINESIOLOGY	Available on ISA Online Portal
	ACE Chapter 9 - Muscular Training: Foundations and Benefits	
	Part of ISA Essential Sports Science (Fitness Instructors) Course 5 hours' worth of Live Lecture on the Foundations of Essential Sport Science	Delivered via Zoom Date: 4 Jan 2025 (Sat) Time: 10am - 4pm (w/ 1hr lunch break)
4	THEME OF THE WEEK - PREPARTICIPATION, FITNESS ASSESSMENTS AND PROGRAM DESIGN 1 (CARDIORESPIRATORY TRAINING)	Available on ISA Online Portal
	ACE Chapter 5	
	Participation Health Screening	
	ACE Chapter 7	
	Resting Assessment and Anthropometric Measurements	
	ACE Chapter 8	
	 Cardiorespiratory Training: Physiology, Assessments and Programming 	
	CONSULTATION 2 Consult our ISA Instructor on Week 3 & 4 Content	Delivered via Zoom Date: 9 Jan 2025 (Thu) Time: 7pm — 8pm
5	THEME OF THE WEEK - PROGRAM DESIGN 2 (CARDIORESPIRATORY TRAINING)	Available on ISA Online Portal
	ACE Chapter 8 - Cardiorespiratory Training: Physiology, Assessments and Programming	
	ACE Chapter 11 - Integrated Exercise Programming: From Evidence to Practice	
	TUTORIAL 1 • Revision and Summary of Weeks 1 − 4	Delivered via Zoom Date: 20 Jan 2025 (Mon) Time: 7pm — 9.30pm







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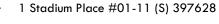




6	THEME OF THE WEEK - PROGRAM DESIGN 3 (MUSCULAR TRAINING)	Available on ISA Online Portal
	ACE Chapter 10 • Muscular Training: Assessments	
	CONSULTATION 3 ■ Consult our ISA Instructor on Week 5 & 6 Content	Delivered via Zoom Date: 20 Jan 2025 (Mon) Time: 7pm — 8pm
7	THEME OF THE WEEK - PROGRAM DESIGN 4 (MUSCULAR TRAINING)	Available on ISA Online Portal
	ACE Chapter 10	
8	THEME OF THE WEEK - PROGRAM DESIGN 5 ACE Chapter 11 Integrated Exercise Programming: From Evidence to Practice ACE Chapter 14 Exercise Considerations across the Lifespan	Available on ISA Online Portal
	 CONSULTATION 4 Consult our ISA Instructor on Week 7 & 8 Content 	Delivered via Zoom Date: 6 Feb 2025 (Thu) Time: 7pm — 8pm
9	THEME OF THE WEEK - NUTRITION AND PROGRAM DESIGN 6 (SPECIAL POPULATIONS) ACE Chapter 6 • Nutrition for Health and Fitness ACE Chapter 12 • Considerations for Clients with Obesity	Available on ISA Online Portal
	TUTORIAL 2 Revision and Summary of Weeks 5 - 7	Delivered via Zoom Date: 14 Feb 2025 (Fri) Time: 7pm — 9.30pm















10	THEME OF THE WEEK - PROGRAM DESIGN 7 (SPECIAL POPULATIONS) ACE Chapter 13 • Considerations for Clients with Chronic Diseases ACE Chapter 14 • Exercise Considerations across the Lifespan ACE Chapter 15 • Considerations for Clients with Musculoskeletal Issues	Available on ISA Online Portal
	 Consult our ISA Instructor on Week 9 & 10 Content 	Delivered via Zoom Date: 20 Feb 2025 (Thu) Time: 7pm — 8pm
11	• Revision and Summary of Weeks 8 − 10	Delivered via Zoom Date: 28 Feb 2025 (Fri) Time: 7pm — 9.30pm
12	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	Delivered via ISA Portal Made available on the ISA Online Portal on 3 Mar 2025, Mon, 9am onwards till your 1st attempt at the ACE Examination
13 till end of the course	 Note for ACE Examination Registration: 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: 10 Mar 2025 to 7 Apr 2025. 	-

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



