

## HIIT Instructor Training - FEA



HIIT has created a craze among social media and social groups alike for its impressive effects on one's physical appearance and fitness performance. But, are you performing TRUE HIIT to be able to enjoy its benefit? Is HIIT for everyone? Are you curious to know how to design a safe and effective HIIT workout that your clients will keep coming back for your programme? If yes, this course is for you! Join us and learn the science behind a successful and effective HIIT programme; from energy system, exercise selections, volume and intensity, to program variations and modifications.

**Course Duration** 6 hours over 1 day

**Course Dates (Next Intake)** 7 Dec 2024

**Course Fees** \$300.00

**Continuing Education Credits (if applicable)**

- 0.6 ACE CECs awarded upon completion
- 0.6 NASM CEUs awarded upon completion

**Registration Deadline** 2 Dec 2024

**Recommended** Participants are recommended to have some exercise background or are existing trainers/coaches. Basic fitness instructing/personal training certification is recommended.

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## Grants Available (T&Cs apply)

### 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

### Course Highlights

- Science behind HIIT – how do you lose weight with HIIT?
- 20 ready to use, science-based, effective HIIT workouts
- Exercise videos – with regular updates for more exercise ideas
- We tell you how to select the right exercises, right work rest ratio so you no longer need to rely on mobile apps!

### Course Objectives

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

- Design and lead your own HIIT session
- Learn a variety of HIIT modalities to suit different clientele
- Learn exercise choices to be used in your HIIT session

### Course Syllabus

Please refer to page 3 for detailed course syllabus and class schedule.

### Award

Upon completion of the course, each participant will be awarded **FEA Certificate of Completion of HIIT Instructor Training**

### Venue

**International Sports Academy**  
 143 Cecil Street, GB Building, #26-01  
 Singapore 069542



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## Course Schedule

<p><b>7 Dec 2024 (Sat)</b>  <b>9am – 4 pm</b>  <b>Delivered in person at ISA</b></p>
<ul style="list-style-type: none"> <li>• Define HIIT, goals, benefits and its principles</li> <li>• Understand the scientific rationale behind HIIT</li> <li>• Experience a minimum of 2 athletic HIIT workouts and learn how to distinguish it with other modalities of interval training programmes</li> <li>• Understand common concerns related to HIIT</li> <li>• Assess suitable populations for HIIT</li> <li>• Experience top exercise selection of HIIT workouts; Work and Recovery</li> <li>• Design proper and effective HIIT workouts</li> <li>• Apply different variations of HIIT in developing a HIIT programme</li> <li>• Customized HIIT programmes based on your client’s ability; regression and progression</li> </ul>

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

