

# ISA Wellness and Behaviour Modification Course

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



**This course is designed to introduce the principles of behaviour modification to promote health and wellness lifestyle choices. Students will learn how to identify and modify health-related behaviors, set realistic goals, develop effective strategies for change, and maintain progress over time.**

- Course Duration**                      14 hours over 2 days (1 weekend)
  
- Course Dates (Next Intake)**        8 & 9 Feb 2025
  
- Course Fees**                              \$340.00
  
- Continuing Education Credits (if applicable)**        • 1.4 ACE CECs awarded upon completion
  
- Registration Deadline**                3 Feb 2025



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## Grants Available (T&Cs apply)

- SkillsFuture Credits: All Singaporeans aged 25 and above can use their \$500 SkillsFuture Credit from the government to pay for a wide range of approved skills-related courses. Visit the SkillsFuture Credit website ([www.skillsfuture.gov.sg/credit](http://www.skillsfuture.gov.sg/credit)) to choose from the courses available on the Training Exchange course directory
  - Please refer to the relevant course page in mySkillsFuture (mySF). <https://www.myskillsfuture.gov.sg/content/portal/en/training-exchange/course-directory/course-detail.html?courseReferenceNumber=TGS-2024041938>
- 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 old, and \$500.00/year for members 40 years and above

## Course Synopsis

The fundamental wellness and behaviour change course is designed to provide a comprehensive understanding of the principles and practices of promoting wellness and behavior change. This course covers the basic concepts of health and wellness, as well as the practical application of behavior change strategies to improve personal and public health. The course explores the principles of motivational interviewing and the Transtheoretical Model. In addition, the course covers the importance of nutrition, physical activity, stress management, and sleep in promoting wellness and preventing chronic diseases.

## Course Objectives

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

- Understand the basic principles of health and wellness
- Understand the different principles and theories of behaviour change
- Apply the Transtheoretical Model to overcome threats to health

## Course Syllabus

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

## Assessment

### Theory Assessment (30 MCQs)

15 Feb 2025 (Sat), 10am-11am

The assessment will be conducted online, details to be provided nearing to date of assessment via email.

## Award

Upon completion of the course, each participant will be awarded  
**ISA Certificate in Wellness and Behaviour Modification**

## Venue

### International Sports Academy

1 Stadium Place, Kallang Wave Mall, #01-11

Singapore 397628

(opposite beach volleyball courts)



# ISA Wellness and Behaviour Modification Course

<p>8 Feb 2025 (Sat) 9am – 5 pm Session 1 Delivered in person at ISA</p>	<p>9 Feb 2025 (Sun) 9am – 5 pm Session 2 Delivered in person at ISA</p>
<p><b>Transtheoretical Model</b></p> <ul style="list-style-type: none"> <li>• Precontemplation</li> <li>• Contemplation</li> <li>• Preparation</li> <li>• Action</li> <li>• Maintenance</li> <li>• Principles of Progress</li> </ul> <p><b>Motivational Interviewing</b></p> <ul style="list-style-type: none"> <li>• Spirit and Method of Motivational Interviewing</li> <li>• Engaging</li> <li>• Focusing</li> <li>• Evoking</li> <li>• Planning</li> <li>• Applications of Motivational Interviewing</li> </ul>	<p><b>Wellness</b></p> <ul style="list-style-type: none"> <li>• Concepts of Wellness</li> <li>• Assessing Wellness</li> </ul> <p><b>Overcoming Threats to Health</b></p> <ul style="list-style-type: none"> <li>• Alcoholism</li> <li>• Smoking</li> <li>• Unhealthy Eating</li> <li>• Physical Inactivity</li> </ul>

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

