



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)**
**15, 16, 22, 23 Feb & 1,
2 Mar 2025**



Course Fees
**\$1,320.00
(Member price)***
**\$1,650.00
(Public price)**



Registration Deadline
**25 Jan 2025,
1800HRS**

***You can register for membership on our website (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.**

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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)

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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)

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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

NSCA-CERTIFIED PERSONAL TRAINER EXAM DESCRIPTION (3 hours)

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 15 Feb, 9am – 5pm (with 1 hour break)	Session 2 16 Feb, 9am – 5pm (with 1 hour break)
1	<p>Introduction and Preparation Strategies</p> <p>Introduction to Exercise Science</p> <ul style="list-style-type: none"> • Anatomy and Physiology • Biomechanics • Bioenergetics • Training Adaptations <p>Client Consultation and Assessment (Part 1)</p> <ul style="list-style-type: none"> • Fitness Evaluation • Basic Nutrition 	<p>Program Planning (Part 1)</p> <ul style="list-style-type: none"> • Goal Setting and Motivation • Program Design • Training Adaptations • Special Populations <p>Techniques of Exercise (Part 1)</p> <ul style="list-style-type: none"> • Flexibility and Warm-up, Bodyweight, Stability Ball, and Cardiovascular Exercise Techniques • Resistance Training, Plyometric and Speed Training <p>Safety, Emergency Procedures, and Legal Issues (Part 1)</p>
	Session 3 22 Feb, 9am – 5pm (with 1 hour break)	Session 4 23 Feb, 9am – 5pm (with 1 hour break)
2	<p>Client Consultation and Assessment (Part 2)</p> <ul style="list-style-type: none"> • Initial Interview • Medical History and Health Appraisal • Fitness Evaluation • Basic Nutrition Review 	<p>Program Planning (Part 1)</p> <ul style="list-style-type: none"> • Goal Setting • Program Design • Training Adaptations • Special Populations



Course Schedule

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

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.



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SINGAPORE



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NSCA Global Chapter Singapore programs*



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