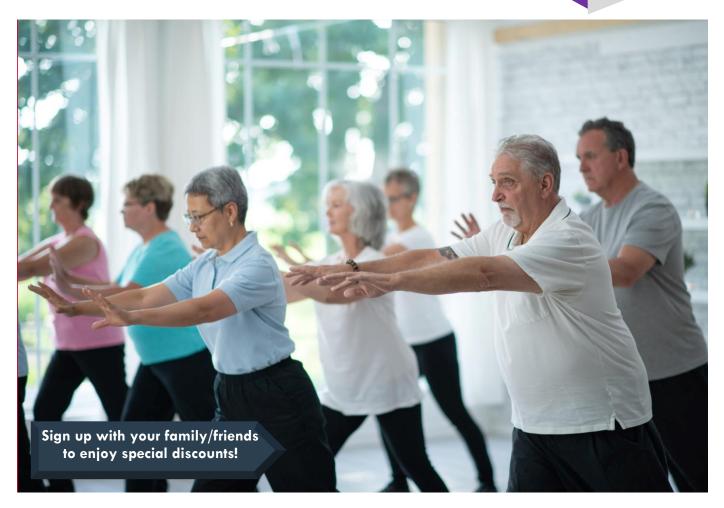
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ISA Elderly Exercise Specialist Course



This course is suitable for current personal trainers and coaches looking to upgrade themselves to better serve the elderly clientele group. The course will equip the participants with the right skills and knowledge to help elderly achieve a better quality of life through staying fit and reaping the benefits of exercising in the long run.

Course Duration	7 hours over 1 day (Sun), 9am – 5pm (with 1hr break)
Course Date	20 Jul 2025
Course Fees	\$280 .00
Continuing Education Credits (if applicable)	5 CoachSG CCE Hours awarded upon completion0.6 ACE CECs awarded upon completion
Registration Deadline	15 Jul 2025
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ISA Elderly Exercise Specialist Course

Entry Requirement	Certified Personal Trainer/Coach (ACE, NSCA, CoachSG or equivalent)
Course Synopsis	This course provides current instructors and coaches with an upskill in training elderly clients. Elderly clients often present with different medical conditions or physical limitations, hence it is essential to be equipped with the right knowledge and skills to be able to handle their exercise regime and provide them a better quality of life.
	This course will equip the participants with the skill to build a proactive and adaptive approach towards elderly clients and better enabling their lives through staying fit and healthy.
	The course will cover 30% theory and 70% practical content, with emphasis on the exercise portion, alongside the progression/regression and safety aspects.
Learning Objectives	 To identify the structural and physiological changes that comes with the age group To be able to understand common medical conditions common with the age group To utilize the current exercise requirements to structure workout program To be able to carry out, progress and regress exercises appropriately
Assessment	A practical assessment will be conducted towards the end of the course to ensure that all participants are able to apply what they have learnt during the course and be provided feedback.
Award	Upon completion of the course, each participant will be awarded a
	Certificate of Completion for ISA Elderly Exercise Specialist Course
Venue	International Sports Academy 1 Stadium Place, Kallang Wall Mall, #01-11 Singapore 397628 (opposite beach volleyball courts)





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ISA Elderly Exercise Specialist Course

y Topics	Practical Topics
y lopics Biological Aging Structural Changes Psychological Changes Exercise Requirements Singapore Physical Activity Guidelines Common Medical Conditions Post-Surgery Arthritis Cardiovascular Disease Diabetes	 Practical Topics Physical Limitations Exercise Library Park and Fitness Corners Home Seniors' Gym General Gym Progression and Regression of Exercises Safety Aspects: What you should do as an instructor? Practical Assessment Based on a case study, come up with an exercise session that is suitable.

and to see the relevance in our everyday lives.





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