

## ISA Functional Trainer Course (Level 2)



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

The Functional Training Course is an immersive and comprehensive course that is designed to empower professionals with the knowledge and skills needed to enhance their client's physical functionality, improve quality of life, and help their client build a strong foundation for a healthy lifestyle. The Level 2 program would delve deep into the core principles of functional training and discuss program design principles to create sustainable training programs for varying fitness level, body composition, ages, personal goals or athletic abilities.

### - DETAILS YOU NEED TO KNOW -



**Course Duration**  
35 hours over 5 days



**Course Dates**  
18, 19, 20, 26, 27 Jul 2025



**Course Fees**  
\$1,300.00



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### - HOW TO REGISTER IN 5 EASY STEPS -

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|--------|---|
| Step 1 | Fill up the registration form at <a href="http://www.isa.edu.sg/">www.isa.edu.sg/</a> |
| 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 11 JUL 2025**

### - WHAT IS THIS COURSE ABOUT? -



#### Course Synopsis

The Functional Training Course (Level 2) provides deeper understanding of functional training, covering concepts relating to training program design and movement screenings. Learners will be taught methods to track and monitor fitness progress, and develop training programs that are effective in achieving various goals.



#### Course Objectives

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

- Conduct basic fundamental movement screening
- Evaluate the needs of an individual
- Design balance and progressive functional training workouts that cater to different needs of individuals
- Implement methods to track and monitor fitness progress, including strength and mobility



#### Course Syllabus and Schedule

Refer to page 3 for detailed course syllabus and course schedule.

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### - COURSE SYLLABUS AND SCHEDULE -

Week	Session 1 9am – 5pm (with 1 hour break)	Session 2 9am – 5pm (with 1 hour break)
1	<b>Recap on Functional Training</b> <ul style="list-style-type: none"> <li>Philosophy</li> <li>Tools</li> </ul> <b>Assessment and Analysis</b> <ul style="list-style-type: none"> <li>Functional Movement Screening</li> <li>Functional Strength (Upper and Lower Body)</li> </ul> <b>Analysing Demands of a Sport</b> <ul style="list-style-type: none"> <li>Speed</li> <li>Power/Explosiveness</li> <li>Duration</li> <li>Aerobic Requirements</li> </ul>	<b>Pre-Training Guidelines</b> <ul style="list-style-type: none"> <li>PAR-Q</li> <li>Gym Use Safety and Precautions</li> <li>Gym Etiquette</li> </ul> <b>Recap on Warm-Up, Stability and Mobility Drills</b> <b>Needs Analysis of an Individual</b> <ul style="list-style-type: none"> <li>Demands of Physical Activity</li> <li>Profile and Goals of Individual</li> <li>History of Health and Injury</li> </ul> <b>Functional Training for the Diverse Population</b> <ul style="list-style-type: none"> <li>Beginners</li> </ul>
2	<b>Session 3</b> 9am – 5pm (with 1 hour break) <b>Functional Training for the Diverse Population</b> <ul style="list-style-type: none"> <li>Active Exercisers</li> <li>Weekend Warriors</li> <li>Elite Athletes</li> <li>Female Athletes</li> </ul>	<b>Session 4</b> 9am – 5pm (with 1 hour break) <b>Functional Training for the Diverse Population</b> <ul style="list-style-type: none"> <li>Manual Labourers</li> <li>Seniors</li> <li>People Recovering from Injuries</li> <li>People Dealing with Chronic Pain</li> </ul>
3	<b>Session 5</b> 9am – 5pm (with 1 hour break) <b>Designing a Functional Training Program</b> <b>Performance Optimisation</b> <ul style="list-style-type: none"> <li>Short-Specific Programming</li> <li>Periodization</li> </ul> <b>Recovery Methods</b>	

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