

ISA Obesity and Weight Management Course

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



This course is designed to equip students with a comprehensive understanding of the causes, consequences, and management strategies of obesity and weight-related concerns. Students will develop an understanding of obesity as a disease and develop a holistic approach to managing obesity.

Course Duration	35 hours over 5 days (3 weekends)
Course Dates (Next Intake)	21, 22, 28, 29 Jun & 5 Jul 2025
Course Fees	\$1200.00
Registration Deadline	16 Jun 2025
Entry Requirement	Certified Personal Trainer/Coach (ACE, NSCA, CoachSG or equivalent)
Continuing Education Credits (if applicable)	<ul style="list-style-type: none"> 3.5 ACE CECs awarded upon completion

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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) 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-2024041940>
- 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

Obesity and weight management are significant health concerns worldwide. It is a major risk factor for various chronic conditions such as diabetes, cardiovascular disease and certain cancers. This course aims to provide a comprehensive understanding of the causes, consequences, and management strategies for obesity and weight-related issues. Students will develop knowledge and skills in assessing, preventing, and managing obesity, including understanding the impact of diet, physical activity, behaviour, and other lifestyle factors on body weight. This course will also discuss various societal, cultural, and environmental factors that contribute to obesity and the role of public health policies in addressing this complex issue.

Course Objectives

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

- Develop an understanding of obesity as a disease – causes, effects and impacts
- Develop a holistic approach to the managing obesity
- Be able to evaluate current policies and guidelines
- To understand the complexities of obesity and the challenges faced

Course Syllabus

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

Assessment

Theory Assessment (20 MCQs and 6 Short Answer Questions)

5 Jul 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 Obesity and Weight Management

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Course Schedule

21 Jun 2025 (Sat) 9am – 5pm Session 1 Delivered online via Zoom	22 Jun 2025 (Sun) 9am – 5pm Session 2 Delivered online via Zoom
<ul style="list-style-type: none"> • Epidemiology of obesity – causes and statistics related to obesity • Factors that influence bodyweight, ethnic differences • Measuring obesity – hip-waist ratio, BMI • Health effects of obesity – physical, mental and emotional aspects • Obesity management – types of diet, physical activity, lifestyle changes 	<ul style="list-style-type: none"> • Energy expenditure and sedentary behaviour • Appetite and hormones • Physical activity programs for obese adults and children – guidelines and recommendations • Nutritional guidelines and eating habits for different energy requirements
28 Jun 2025 (Sat) 9am – 5pm Session 3 Delivered online via Zoom	29 Jun 2025 (Sun) 9am – 5pm Session 4 Delivered online via Zoom
<ul style="list-style-type: none"> • Sleep deprivation and associated problems • Strategies for preventing obesity – in children, adults and during pregnancy • Medication and surgical methods of managing obesity 	<ul style="list-style-type: none"> • Weight management strategies • Structured maintenance programs • Lifestyle and behaviour modification tools • Bodyweight and sports – weight sensitive sports, weight classes • Weight control strategies in sports
5 Jul 2025 (Sat) 9am – 5pm Session 5 Delivered online via Zoom	
<ul style="list-style-type: none"> • Support systems • Public policy measures • WHO recommendations and programs • Communication and empathy development • Facing obesity • Attitudes towards obese people 	

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