

This course is designed to provide students with the knowledge and skills necessary to prepare for the ACE Personal Trainer Certification Exam and become effective personal trainers.

Structured Schedule -

Paced out content to ensure you grasp key concepts required as a personal trainer during the course

- WHAT CAN YOU EXPECT -



Complimentary Essential Sports Science Course –

Extra help to grasp complicated scientific concepts relevant to personal training



Weekly Lessons -

Experienced instructors to guide you through key points online and practical concepts in person where applicable



Guided Tutorials – To aid your learning, our experienced instructors will point out key points of

each topic









- DETAILS YOU NEED TO KNOW -



Course Duration 50 hours over 3+ months



Course Dates 22 Apr 2025 - 15 Jul 2025



Course Fees \$2,400.00



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



Continuing Education Credits (if applicable)

10 CoachSG CCE Hours awarded upon completion (only for NROC Registered Coaches)

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/coursedirectory/course-detail.html?courseReferenceNumber=TGS-2021004068



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

- MATERIALS YOU WILL RECEIVE -



ISA Materials and Access (Course Duration), which includes

- 11 x Lessons (Theory and Practical), delivered at ISA Campus
- 3 x Guided Tutorials, delivered via Zoom live
- ISA Theory Exam, to prepare for ACE Exam and delivered via ISA Portal + Explanation via Zoom live
- ACE Exam, held at external exam site (info to be advise during course)



ACE Study Materials (digital copy), which includes

- ACE Textbook The Exercise Professional's Guide to Personal Training
- **ACE Personal Trainer Study Companion**
- **ACE Free Practice Questions**

Should you require a hard copy version of the study materials, a top up of \$100 is required

(65) 6423 0668



1 Stadium Place #01-11 (S) 397628







- HOW TO REGISTER IN 5 EASY STEPS -

Step 1	Fill up the registration form at <u>www.isa.edu.sg/ace-cpt-live</u>
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 15 APR 2025, 1800 HRS

- WHAT IS THIS COURSE ABOUT? -



Course Synopsis

The American Council on Exercise (ACE) Certified Personal Trainer certification is an internationally-recognized and sought-after personal training certification. It equips you with the proper skills and knowledge to design safe, effective and customized personal training programs for your clients. Most of all, this prestigious certification is a transferrable skill set, and would be useful whatever your future fitness training goals may be.



Course Syllabus and Schedule

Refer to pages 4-7 for detailed course syllabus and course schedule.

- GET MORE VALUE WITH ISA! -



- (1) ISA Certificate of Completion for ISA Certified Personal Trainer Course

 Upon completion of the course, participants will receive the above-mentioned certificate.
- (2) ACE Certificate for ACE Certified Personal Trainers
 Upon passing the ACE Certification Examination, students will be certified as an ACE Certified Personal Trainer and receive the ACE Certificate.



- (3) Certificate in Essential Sports Science (Fitness Instructors)
 - With your sign up for the ISA Certified Personal Trainer Course, you will be offered our course in Essential Sports Science (Fitness Instructors) **COMPLIMENTARY!** This 10-hour course provides you with the required foundations in Sports Science and to grasp scientific concepts relevant to personal training.

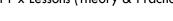
www.isa.edu.sg





- COURSE SYLLABUS AND SCHEDULE -







3 x Tutorials (to aid your revision)



2 x Essential Sport Science Lessons (10 hours, complimentary)



1 x ISA Theory Exam (for practice)

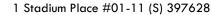


1 x ACE Exam for Personal Trainers (pass to get certified as a PT)

Week	Session	Topics	Schedule
1	Lesson 1	THEME OF THE WEEK - INTRODUCTION ACE Chapter 1 • Role and Scope of Practice for Personal Trainers ACE Chapter 16 • Legal Guidelines and Business Considerations	Delivered on Campus Date: 22 Apr 2025 (Tue) Time: 7pm — 9pm Venue: 1 Stadium, Place, #01-09 Kallang Wave Mall, Singapore 397628
	ESS Lesson 1	Part of ISA Essential Sports Science (Fitness Instructors) Course bours' worth of Live Lecture on the Foundations of Essential Sport Science	Delivered via Zoom Date: 26 Apr 2025 (Sat) Time: 10am — 4pm (w/ 1hr lunch break)
2	Lesson 2	THEME OF THE WEEK - PT SOFT SKILLS AND ACE IFT MODEL ACE Chapter 2 • The ACE Integrated Fitness Training Model ACE Chapter 3 • Basics of Behaviour Change ACE Chapter 4 • Effective Communication, Goal Setting	Delivered on Campus Date: 29 Apr 2025 (Tue) Time: 7pm — 10pm Venue: 1 Stadium, Place, #01-09 Kallang Wave Mall, Singapore 397628
		and Teaching Techniques	





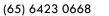




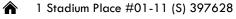




3	Lesson 3 ESS Lesson 2	THEME OF THE WEEK - FOUNDATIONS OF SCIENCE: ANATOMY AND KINESIOLOGY ACE Chapter 9 • Muscular Training: Foundations and Benefits ESSENTIAL SPORT SCIENCE LESSON 2 —	Delivered on Campus Date: 6 May 2025 (Tue) Time: 7pm — 10pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628 Delivered via Zoom
		Part of ISA Essential Sports Science (Fitness Instructors) Course hours' worth of Live Lecture on the Foundations of Essential Sport Science	Date: 10 May 2025 (Sat) Time: 10am — 4pm (w/ 1hr lunch break)
4	Lesson 4	THEME OF THE WEEK - PREPARTICIPATION, FITNESS ASSESSMENTS AND PROGRAM DESIGN 1 (CARDIORESPIRATORY TRAINING) ACE Chapter 5 • Participation Health Screening ACE Chapter 7 • Resting Assessment and Anthropometric Measurements ACE Chapter 8 • Cardiorespiratory Training: Physiology, Assessments and Programming	Delivered on Campus Date: 13 May 2025 (Tue) Time: 7pm — 10pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628
5	Lesson 5	THEME OF THE WEEK - PROGRAM DESIGN 2 (CARDIORESPIRATORY TRAINING) ACE Chapter 8 • Cardiorespiratory Training: Physiology, Assessments and Programming ACE Chapter 11 • Integrated Exercise Programming: From Evidence to Practice	Delivered on Campus Date: 20 May 2025 (Tue) Time: 7pm — 10pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628
6	Lesson 6	THEME OF THE WEEK - PROGRAM DESIGN 3 (MUSCULAR TRAINING) ACE Chapter 10 • Muscular Training: Assessments	Delivered on Campus Date: 27 May 2025 (Tue) Time: 7pm — 10pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628















	Tutorial 1	 Revision and Summary of Weeks 1 − 4 	Delivered via Zoom Date: 28 May 2025 (Wed) Time: 7pm — 9.30pm
7	Lesson 7	THEME OF THE WEEK - PROGRAM DESIGN 4 (MUSCULAR TRAINING) ACE Chapter 10 Muscular Training: Assessments ACE Chapter 11 Integrated Exercise Programming: From Evidence to Practice	Delivered on Campus Date: 3 Jun 2025 (Tue) Time: 7pm — 10pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628
8	Lesson 8	THEME OF THE WEEK - PROGRAM DESIGN 5 ACE Chapter 11 Integrated Exercise Programming: From Evidence to Practice ACE Chapter 14 Exercise Considerations across the Lifespan	Delivered on Campus Date: 10 Jun 2025 (Tue) Time: 7pm — 9.30pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628
9	Lesson 9	THEME OF THE WEEK - NUTRITION AND PROGRAM DESIGN 6 (SPECIAL POPULATIONS) ACE Chapter 6 • Nutrition for Health and Fitness ACE Chapter 12 • Considerations for Clients with Obesity	Delivered on Campus Date: 17 Jun 2025 (Tue) Time: 7pm — 9.30pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628
	Tutorial 2	• Revision and Summary of Weeks 5 – 7	Delivered via Zoom Date: 19 Jun 2025 (Thur) Time: 7pm — 9.30pm











10	Lesson 10	THEME OF THE WEEK - PROGRAM DESIGN 7 (SPECIAL POPULATIONS) ACE Chapter 13	Delivered on Campus Date: 24 Jun 2025 (Tue) Time: 7pm — 9.30pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628
11	Lesson 11	Relevant Practical Content in relation to Weeks 9 – 10	Delivered on Campus Date: 1 Jul 2025 (Tue) Time: 7pm — 9pm Venue: 1 Stadium Place, #01-09 Kallang Wave Mall, Singapore 397628
	Tutorial 3	Revision and Summary of Weeks 8 – 10	Delivered via Zoom Date: 4 Jul 2025 (Fri) Time: 7pm — 9.30pm
12	ISA Theory Exam	 Preparation for actual ACE Exam Complete ISA Theory Exam (150 MCQs) on the ISA Online Portal across 3 hours at your own timing during the entire week You are recommended to complete this before the ISA Theory Exam Explanation in Week 13 	Delivered via ISA Online Portal Made available on the ISA Online Portal on 7 Jul 2025, Mon, 9am onwards till your 1st attempt at the ACE Examination
13	ISA Theory Exam Explanation	Instructor will go through the ISA Theory Exam Questions & Answers via Zoom from 7pm-10pm	Delivered via Zoom Date: 15 Jul 2025 (Tue) Time: 7pm — 10pm
14	ACE Exam	 Need to pass the ACE Examination to become an ACE Certified Personal Trainer Paper consists of 150 MCQs to be completed in 3 hours at an external exam site 	Note for ACE Examination Registration: The Course admin will get in touch with you any time during Week 8/9 of the course via email with details of the ACE Examination Registration and steps to take to select an examination slot. Expected date range for your ACE Examination (specific to this intake) to select from: 21 Jul 2025 to 27 Jul 2025.

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







