

## ISA Elderly Exercise Specialist Course



Sign up with your family/friends  
to enjoy special discounts!

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.

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|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Course Duration</b>                                  | 7 hours over 1 day (Sun), 9am – 5pm (with 1hr break)                                                                                            |
| <b>Course Date</b>                                      | 25 Jan 2026                                                                                                                                     |
| <b>Course Fees</b>                                      | \$280 .00                                                                                                                                       |
| <b>Continuing Education Credits<br/>(if applicable)</b> | <ul style="list-style-type: none"> <li>• 5 CoachSG CCE Hours awarded upon completion</li> <li>• 0.6 ACE CECs awarded upon completion</li> </ul> |
| <b>Registration Deadline</b>                            | 20 Jan 2026                                                                                                                                     |

# ISA Elderly Exercise Specialist Course

## Entry Requirement

Certified Personal Trainer/Coach (ACE, NSCA, CoachSG or equivalent)

## Grants Available (T&Cs apply)

- 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

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)

# ISA Elderly Exercise Specialist Course

| Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
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| <b>Theory Topics</b> <ul style="list-style-type: none"> <li>• Biological Aging <ul style="list-style-type: none"> <li>○ Structural Changes</li> <li>○ Psychological Changes</li> </ul> </li> <li>• Exercise Requirements <ul style="list-style-type: none"> <li>○ Singapore Physical Activity Guidelines</li> </ul> </li> <li>• Common Medical Conditions <ul style="list-style-type: none"> <li>○ Post-Surgery</li> <li>○ Arthritis</li> <li>○ Cardiovascular Disease</li> <li>○ Diabetes</li> <li>○ Others</li> </ul> </li> <li>• Managing Elderly <ul style="list-style-type: none"> <li>○ Living Habits</li> <li>○ Motivation Level</li> <li>○ Limitations</li> </ul> </li> </ul> | <b>Practical Topics</b> <ul style="list-style-type: none"> <li>• Physical Limitations</li> <li>• Exercise Library <ul style="list-style-type: none"> <li>○ Park and Fitness Corners</li> <li>○ Home</li> <li>○ Seniors' Gym</li> <li>○ General Gym</li> </ul> </li> <li>• Progression and Regression of Exercises</li> <li>• Safety Aspects: What you should do as an instructor?</li> </ul><br><b>Practical Assessment</b> <ul style="list-style-type: none"> <li>• Based on a case study, come up with an exercise session that is suitable.</li> </ul> |
| <b>Note:</b> During the course, there will be practical and class activities to help reinforce these concepts and to see the relevance in our everyday lives.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |