NSCA®
GLOBAL CHAPTER
SINGAPORE

NSCA Certified Strength and Conditioning Specialist Course

Members' price available
(All courses apply)

Certified Strength and Conditioning Specialists (CSCSs) are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate.

Course Duration
35 hours over 5 days

Course Dates (Next Intake)
(WD) 16, 17, 18, 19, 22 Mar 2026

Course Fees
$1,840.00
(Member price)*
$2,300.00
(Public price)

Registration Deadline
23 Feb 2026, 1800HRS

**You can register for membership on our website (nscasingapore.org) prior to registering or concurrently*
You must be a member at the point of registration of the course to enjoy the member price.

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GRANTS AVAILABLE
(T&CS APPLY)

• SkillsFuture Credits: SkillsFuture Credits eligible: 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

• 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

ENTRY REQUIREMENTS

- Any Bachelor's Degree OR,
  Chiropractic / Medicine Degree granted by an accredited institution AND
- Valid CPR-AED Certification

CONTINUING EDUCATION CREDITS
(IF APPLICABLE)

- 10 CoachSG CCE Hours awarded upon completion

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COURSE OBJECTIVES

Upon successful completion of the course, participants will understand:

- Structure and Function of the Muscular, Neuromuscular, Cardiovascular and Respiratory System
- Bioenergetics of Exercise and Training
- Endocrine Responses to Resistance Exercise
- Biomechanics of Resistance Exercise
- Adaptations to Anaerobic and Aerobic Training Programs
- Age and Sex Related Differences and Their Implications for Resistance Exercise
- Psychology of Athletic Preparation and Performance
- Performance Enhancing Substances
- Nutritional Factors in Health and Performance
- Principles of Test Selection and Administration
- Administration, Scoring, and Interpretation of Selected Tests
- Warm-Up, Stretching, Resistance Training and Spotting Techniques
- Plyometric Training, Speed, Agility and Speed-Endurance Development
- Periodization, Rehabilitation and Reconditioning
- Facility Organization, Risk Management, Policy Development and Procedures Manual

AWARD

Upon completion of the course, each participant will be awarded

1. **NSCA Global Chapter Singapore Certificate of Completion for NSCA Certified Strength and Conditioning Specialist Course**
2. **NSCA Certificate for Certified Strength and Conditioning Specialist** (awarded upon passing the NSCA CSCS Certification Examination)

VENUE

International Sports Academy
1 Stadium Place, Kallang Wave Mall, #01-11, Singapore 397628 (opposite beach volleyball courts)

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Detailed Content Outline

SCIENTIFIC FOUNDATIONS (1.5 hours)

1. Exercise Science	44 questions
2. Sport Psychology	19 questions
3. Nutrition	17 questions
4. Non-scored Questions	15 questions
Total for Scientific Foundations	**95 questions**

PRACTICAL / APPLIED (2.5 hours)

1. Exercise Techniques	44 questions
2. Program Design	19 questions
3. Organisation and Administration	17 questions
4. Testing, Ongoing Monitoring and Data Evaluation	20 questions
5. Non-scored Questions	15 questions
Total for Practical / Applied	**125 questions**

The cost of the NSCA Examination is included as part of course fees.

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Course Schedule

Day	Topics	Schedule
1 (Theory)	**Introduction & Preparation Strategies** **SCIENTIFIC FOUNDATIONS** **o Exercise Science** • Anatomy & Physiology • Bioenergetics & Metabolism • Neuroendocrine Physiology • Adaptations to Anaerobic Training Programs	**Delivered via Zoom** Time: 9.30am – 5.30pm (7hr + 1hr lunch break)
2 (Theory)	**SCIENTIFIC FOUNDATIONS** **o Exercise Science** • Adaptations to Aerobic Endurance Training Programs • Age- & Sex-related Differences & Their Implications for Resistance Exercise • Scientific Research & Statistics in Exercise Sciences **o Sports Psychology**	**Delivered via Zoom** Time: 9.30am – 5.30pm (7hr + 1hr lunch break)
3 (Theory & Practical)	**SCIENTIFIC FOUNDATIONS** **o Nutrition** **PRACTICAL / APPLIED** **o Testing, Ongoing Monitoring, & Data Evaluation** **o Exercise Technique** • Movement Preparation • Resistance Training • Olympic Weightlifting & Plyometric Exercise • Speed & Agility • Energy Systems Development • Recovery Techniques	**Delivered Face-to-Face** Time: 9.30am – 1.30pm (4h) Venue: ISA Campus @ 1 Stadium Place #01-09 (S)397628

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Course Schedule

Day	Topics	Schedule
3 (Theory & Practical)	**PRACTICAL / APPLIED** **o Testing, Ongoing Monitoring, & Data Evaluation** **o Exercise Technique** • Movement Preparation • Resistance Training • Olympic Weightlifting & Plyometric Exercise • Speed & Agility • Energy Systems Development • Recovery Techniques	**Delivered Face-to-Face** Time: 2.30pm – 5.30pm (3h) Venue: ISA Campus @ 1 Stadium Place #01-09 (S)397628
4 (Practical)	**PRACTICAL / APPLIED** **o Exercise Technique** • Movement Preparation • Resistance Training • Olympic Weightlifting & Plyometric Exercise • Speed & Agility	**Delivered Face-to-Face** Time: 9.30am – 5.30pm (7h + 1hr lunch break) Venue: ISA Campus @ 1 Stadium Place #01-09 (S)397628
5 (Theory)	**PRACTICAL / APPLIED** **o Program Design & Periodisation** • Resistance Training • Plyometic Training • Speed & Agility Training • Aerobic Endurance Training • Periodisation • Rehabilitation & Reconditioning **o Organisation & Administration**	**Delivered via Zoom** Time: 9.30am – 5.30pm (7hr + 1hr lunch break)

Please note that course dates and times are subject to change at the discretion of the NSCA GC Singapore.

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Authorised Education Partners

The following organisations are authorised to administer NSCA Global Chapter Singapore programs

INTERNATIONAL SPORTS ACADEMY

INTERNATIONAL MANAGEMENT & SPORTS COLLEGE

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