

ISA Women Exercise Specialist Course



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

This course is designed for current personal trainers and coaches who wish to enhance their expertise in working with female clients. It equips participants with the essential knowledge and practical skills to support women in achieving their fitness goals safely and effectively—addressing physiological, hormonal, and lifestyle considerations unique to women across different life stages.

Course Duration	7 hours over 1 day (Sun), 9am – 5pm (with 1hr break)
Course Date	26 Jul 2026
Course Fees	\$280 .00
Continuing Education Credits (if applicable)	<ul style="list-style-type: none">Note that CoachSG CCE Hours (expected 5.0 CCE Hours) and ACE CECs (expected 0.6 CECs) are currently in the midst of approval

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📞 (65) 6423 0668



223 Mountbatten Road, #03-15/16/17/18,
Singapore 398008

📧 info@isa.edu.sg



www.isa.edu.sg



ISA Women Exercise Specialist Course

Registration Deadline

20 Jul 2026

Entry Requirement

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

Grants Available (T&Cs apply) Course Synopsis

Note that UTAP is currently being applied for, to be updated soon.

This course provides current instructors and coaches with the knowledge and skills to effectively train female clients across different life stages and hormonal phases. Women often experience unique physiological changes, fluctuations in energy levels, and specific health considerations that can affect their exercise performance, recovery, and overall wellbeing. Hence, it is essential for fitness professionals to be equipped with the right understanding and practical strategies to support women in achieving their health and fitness goals safely and effectively.

This course will equip participants with the ability to adopt a proactive and adaptive approach towards training women by understanding how exercise, recovery, and nutrition can be adjusted according to individual needs, lifestyle, and physiological phases.

The course will cover 30% theory and 70% practical content, with emphasis on exercise application, alongside progression/regression techniques, coaching considerations, and safety aspects.

Learning Objectives

- To identify the structural and physiological changes that comes with the female population
- To be able to understand common medical conditions common with the female population
- 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

ISA Women Exercise Specialist Certificate



ISA Women Exercise Specialist Course

Certificate of Completion for ISA Women Exercise Specialist Course

Venue

International Sports Academy
223 Mountbatten Road, #03-15/16/17/18, Singapore 398008

Content	
<p>Theory Topics</p> <ul style="list-style-type: none"> ● Biological Aging <ul style="list-style-type: none"> ○ Structural Changes ○ Hormonal and Psychological Changes ● Exercise Requirements <ul style="list-style-type: none"> ○ Singapore Physical Activity Guidelines ○ Benefits of Exercise across the Female Lifespan ● Common Medical Conditions <ul style="list-style-type: none"> ○ Polycystic Ovary Syndrome (PCOS) ○ Iron-Deficiency Anaemia ○ Osteopenia / Osteoporosis ○ Gestational Diabetes ○ Thyroid Disorders ○ Pelvic Floor Dysfunction ● Managing Elderly <ul style="list-style-type: none"> ○ Living Habits ○ Motivation Level 	<p>Practical Topics</p> <ul style="list-style-type: none"> ● Physical Limitations ● Exercise Library <ul style="list-style-type: none"> ○ Park and Fitness Corners ○ Home ○ General Gym ● Progression and Regression of Exercises ● Safety Aspects: What you should do as an instructor? <p>Practical Assessment</p> <ul style="list-style-type: none"> ● Based on a case study, come up with an exercise session that is suitable.

P R O C E P A



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○ Limitations	
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Note: During the course, there will be practical and class activities to help reinforce these concepts and to see the relevance in our everyday lives.

