

ISA Functional Trainer Course (Level 1)



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

The Functional Training Course is an immersive and comprehensive course that is designed to empower professionals with the knowledge and skills needed to enhance their client's physical functionality, improve quality of life, and help their client build a strong foundation for a healthy lifestyle. In the Level 1 program, the course provides the learner a brief understanding of the foundation in functional training. A strong emphasis is placed on developing competency in the exercises and movements of functional training.

- DETAILS YOU NEED TO KNOW -

**Course Duration**

35 hours over 5 days

**Course Dates**

25, 26, 27 Sep & 3, 4 Oct 2026

**Course Fees**

\$1,150.00

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Grants Available (T&Cs apply)

- 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 old, and \$500.00/year for members 40 years and above

- HOW TO REGISTER IN 5 EASY STEPS -

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| Step 1 | Fill up the registration form at www.isa.edu.sg/ |
| 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 18 SEP 2026

- WHAT IS THIS COURSE ABOUT? -



Course Synopsis

The Functional Training Course (Level 1) is a thorough program aimed at equipping professionals with the foundational understanding of functional training and focus on mastering functional exercise techniques. Exercise cues and modifications will be taught to learners, which would be useful to accommodate clients of varying fitness levels and physical limitations.



Course Objectives

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

- Define the principles and philosophies of functional training
- Recognise the primary and secondary muscles involved in movements
- Demonstrate proper form and technique for various functional movements
- Modify various exercises to accommodate to different fitness levels and physical limitations



Course Syllabus and Schedule

Refer to page 3 for detailed course syllabus and course schedule.

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COURSE SYLLABUS AND SCHEDULE -

Week	Session 1 9am – 5pm (with 1 hour break)	Session 2 9am – 5pm (with 1 hour break)
1	Introduction to Functional Training - Philosophy - Importance/Benefits - Principles Functional Anatomy and Physiology – Understanding of the Human Body - Musculoskeletal Systems - Biomechanics: Levers - Energy Systems Understanding Movement and Strength - Types of Muscular Fibres and Contractions - Nervous System Adaptation - Hypertrophy and Strength Gains	Functional Training - Kinetic and Kinematic Chain - Action-Function Principle - Objective and Benefits - FT and Development Factors Traditional Strength Training - Bodybuilding - Powerlifting - Examples of Functional Exercises Tools for Functional Training (Part 1) - Bodyweight
2	Session 3 9am – 5pm (with 1 hour break)	Session 4 9am – 5pm (with 1 hour break)
	Tools for Functional Training (Part 2) - Sandbag - Kettlebell - Medicine Balls	Tools for Functional Training (Part 3) - Suspension Trainers - Stability Tools
3	Session 5 9am – 5pm (with 1 hour break)	
	Foam Rolling and Trigger Ball	
	Basics of Program Design	

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