



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)**
**(WE) 21, 22, 28, 29 Nov
& 5 Dec 2026**



Course Fees
\$1,955.00
(Member price)*
\$2,300.00
(Public price)



Registration Deadline
31 Oct 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.**

NSCA CSCS



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



VENUE

International Sports Academy

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

NSCA CSCS



COURSE OBJECTIVES

Upon successful completion of the course, participants will understand:

- Muscular, Neuromuscular, Cardiorespiratory, Skeletal, and Neuroendocrine Anatomy and Physiology
- Biomechanics of Resistance Exercise
- Bioenergetics of Exercise and Training
- Adaptations to Anaerobic and Aerobic Training Programs
- Overtraining, Overreaching, and Recovery
- Periodization Principles
- Aerobic Endurance Program Design
- Resistance Training Program Design
- Plyometric Training Program Design
- Speed and Agility Development Strategies
- Rehabilitation, Reconditioning, and Medical Issues
- Principles of Test Selection
- Test Administration, Scoring, and Interpretation
- Performance Preparation, Mobility and Flexibility Techniques
- Resistance Training and Spotting Techniques
- Plyometric Training Techniques
- Speed and Agility Techniques on-traditional Implement Training
- Psychological Foundations of Performance
- Age and Gender Related Implications for Resistance Exercise
- Nutritional Factors in Health and Performance
- Performance Enhancing Substances
- Facility Design and Organisation, Policy Development and Legal Issues



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)

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.

Course Schedule

Day	Topics	Schedule
1 (Theory)	<u>Scientific Foundations and Training Adaptations</u> • Anatomy and Physiology • Biomechanics of Training • Bioenergetics of Training • Adaptations to Anaerobic Training Programs • Adaptations to Aerobic Training Program	<u>Delivered via Zoom</u> Time: 9.30am – 5.30pm (7hr + 1hr lunch break)
2 (Theory)	<u>Athletic Program Design</u> • Overtraining, Overreaching, and Recovery • Periodisation Principles • Program Design • Aerobic Endurance Training • Resistance Training • Plyometric Training • Speed and Agility Development • Rehabilitation, Reconditioning, and Medical Issues	<u>Delivered via Zoom</u> Time: 9.30am – 5.30pm (7hr + 1hr lunch break)
3 (Practical applied)	<u>Athletic Testing and Data Evaluation</u> • Principles of Test Selection • Test Administration, Scoring, and Interpretation	<u>Delivered Face-to-Face</u> Time: 9.30am – 5.30pm (7h + 1hr lunch break) Venue: ISA Campus @ 223 Mountbatten Road #03- 15/16/17/18 Singapore 398008

Course Schedule

Day	Topics	Schedule
4 (Practical applied)	<u>Exercise Technique</u> • Mobility and Flexibility Techniques • Resistance Training and Spotting Techniques • Plyometric Training Techniques • Speed and Agility Techniques • Non-traditional Implement Training	<u>Delivered Face-to-Face</u> Time: 9.30am – 5.30pm (7h + 1hr lunch break) Venue: ISA Campus @ 223 Mountbatten Road #03-15/16/17/18 Singapore 398008
5 (Theory)	• Sports Psychology • Age-related Training Considerations • Gender-related Training Considerations • Nutrition for General Health • Nutrition Strategies to Maximize Performance • Performance-Enhancing Substances • Facility Design and Organisation • Facility Procedures, Policies, and Legal Issues	<u>Delivered via Zoom</u> Time: 9.30am – 5.30pm (7hr + 1hr lunch break)

Authorised Education Partners

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



**INTERNATIONAL
SPORTS
ACADEMY**



**INTERNATIONAL
MANAGEMENT &
SPORTS COLLEGE**