



## ISA Certified Personal Trainer Course **(Online Edition)** (American Council on Exercise Certification)

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



This course is a **FULL ONLINE** course that is designed to help you get certified as an ACE (American Council on Exercise) Certified Personal Trainer, by giving you the theoretical knowledge and practical skills necessary to be an effective personal trainer.

### - WHAT CAN YOU EXPECT -



**Access to ISA Online Content** – Specially curated content to help you understand the syllabus in the most efficient way



**Flexible Schedule** – Plan your own study schedule according to your personal preference



**Fortnightly Online Consultation Sessions** – Experienced instructors on hand to answer all your questions



**Online Live Lectures** – Extra help to grasp complicated scientific concepts relevant to personal training



**Recorded Lectures and Practical Demonstrations** – Study anytime and anywhere; replay as many times as you need



**Guided Tutorials** – To aid your learning, our experienced instructors will point out key points of each topic



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### - DETAILS YOU NEED TO KNOW -



#### Course Duration

39 hours over 4 months



#### Course Dates

31 Aug – 30 Dec 2020



#### Course Fees

\$1,500.00



#### Entry Requirements

- Min. 18 years old AND
- Valid CPR-AED Certification
  - ISA can arrange for students to take the CPR-AED Course at a discounted rate of \$69.55 per person (on first come first served basis)
  - CPR-AED Course occurs every last Saturday of the month from 9am to 1pm.

### - HOW TO REGISTER IN 5 EASY STEPS -

- Step 1 Download registration form at [www.isa.edu.sg/ace-cpt](http://www.isa.edu.sg/ace-cpt)
- Step 2 Fill up the form and send it to [info@isa.edu.sg](mailto:info@isa.edu.sg) before the registration deadline
- Step 3 You will receive the invoice with payment details in 2-3 working days
- Step 4 Make full payment to confirm your slot
- Step 5 Wait for course materials to be sent to you on the first day of the course

**REGISTRATION ENDS ON 26 AUG 2020, 1800 HRS**

### - MATERIALS YOU WILL RECEIVE -



#### ISA Online Materials Access (4 months), which includes

- Weekly recorded lectures and practical demonstrations
- Online live lectures
- Guided tutorials
- Fortnightly online consultations
- ISA Theory Exam (150 questions)



#### ACE Online Materials (digital copy), which includes

- ACE Personal Trainer Manual
- ACE Personal Trainer Study Companion
- Essentials of Exercise Science for Fitness Professionals Manual
- Free 60 Practice Questions (redeemable via code)



(65) 6423 0668



1 Stadium Place #01-11 (S) 397628



[info@isa.edu.sg](mailto:info@isa.edu.sg)



[www.isa.edu.sg](http://www.isa.edu.sg)



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### - WHAT IS THIS COURSE ABOUT? -



#### Course Synopsis

The **American Council on Exercise (ACE) Certified Personal Trainer** certification is a internationally-recognized and sought-after personal training certification. It equips you with the proper skills and knowledge to design safe, effective and customized personal training programs for your clients. Most of all, this prestigious certification is a transferrable skill set, and would be useful whatever your future fitness training goals may be.



#### Course Objectives

Upon successful completion of the course, participants will understand:

- Human Anatomy, Exercise Physiology, Applied Kinesiology, and Nutrition
- Principles of Adherence, Motivation, Behaviour Change, and Health Psychology
- Communication and Teaching Techniques
- The ACE Integrated Fitness Training Model
- Building Rapport
- Health and Exercise History Information Assessment
- Resistance Training: Programming and Progressions
- Functional Training: Assessments, Programming, and Progressions for Posture, Movement, Core, Balance, and Flexibility
- Physiological Assessments
- Cardiorespiratory Training: Programming and Progressions
- Professional and Legal Responsibilities, Scope of Practice, and Business Strategies for Personal Trainers
- Special Exercise Programming Topics: Mind-body Exercise, Special Populations, and Exercise Implications of Common Musculoskeletal Injuries



#### Course Syllabus and Schedule

Refer to pages 4 – 6 for detailed course syllabus and course schedule.

### - GET MORE VALUE WITH ISA! -



#### (1) ISA Certificate of Completion for ISA Certified Personal Trainer Course

Upon completion of the course, participants will receive the above-mentioned certificate.

#### (2) ACE Certificate for ACE Certified Personal Trainers

Upon passing the ACE Certification Examination, students will be certified as an ACE Certified Personal Trainer and receive the ACE Certificate.



#### (3) Certificate in Essential Sports Science (Fitness Instructors)

With your sign up for the ISA Certified Personal Trainer Course, you will be offered our course in Essential Sports Science (Fitness Instructors) **COMPLIMENTARY!** This 10 hour course provides you with the required foundations in Sports Science and to grasp scientific concepts relevant to personal training.



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### - COURSE SYLLABUS AND SCHEDULE -



**Recorded Lectures  
and Practical  
Demonstrations**



**Fortnightly  
Consultation Sessions  
with ISA Instructor**



**Tutorial Sessions  
including Revisions  
and Summaries**



**Foundations of  
Essential Sport Science  
Live Lectures**

Week	Content	Remarks
1	<b>[Recorded Lecture]</b> - Legal Guidelines & Professional Responsibilities	Available on ISA Online Portal
2	<b>[Recorded Lecture]</b> - Facility & Equipment Layout & Maintenance - Personal Trainer Business Fundamentals - Exercise Psychology – Behavior Change, Adherence & Motivation	Available on ISA Online Portal
	<b>[Consultation 1]</b> - Content of Week 1 and 2	<b>8 Sep 2020 (Tue) 7pm-8pm</b>  Conducted via Zoom Meeting, link to be provided when course commences
	<b>[Essential Sport Science Lesson 1 - COMPLIMENTARY]</b> - <b>COMPLIMENTARY</b> Lesson, part of ISA Essential Sports Science (Fitness Instructors) Course - 5 hours' worth of Live Lecture on the Foundations of Essential Sport Science	<b>12 Sep 2020 (Sat) 10am-4pm (with 1hr break)</b>  Conducted via Zoom Webinar, link to be provided when course commenced
3	<b>[Recorded Lecture and Practical Demonstration]</b> - Basic Musculoskeletal Anatomy, Anatomical Terms & Movement - Client Consultation - Communication - Fitness Assessment Selection & Administration - Fitness Assessment	Available on ISA Online Portal
4	<b>[Recorded Lecture]</b> - Nutrition, Bioenergetics & Thermoregulation - Cardiorespiratory Training: Anatomy, Physiology, Physiological Responses & Adaptations to Training - Cardiorespiratory Training: Exercise Programming, Techniques & Progression	Available on ISA Online Portal



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	<b>[Consultation 2]</b> <ul style="list-style-type: none"> <li>- Content of Week 3 and 4</li> </ul>	<b>22 Sep 2020 (Tue)</b> <b>7pm-8pm</b>  Conducted via Zoom Meeting, link to be provided when course commences
	<b>[Essential Sport Science Lesson 2 - COMPLIMENTARY]</b> <ul style="list-style-type: none"> <li>- <b>COMPLIMENTARY</b> Lesson, part of ISA Essential Sports Science (Fitness Instructors) Course</li> <li>- 5 hours' worth of Live Lecture on the Foundations of Essential Sport Science</li> </ul>	<b>26 Sep 2020 (Sat)</b> <b>10am-4pm (with 1 hr break)</b>  Conducted via Zoom Webinar, link to be provided when course commences
5	<b>[Recorded Lecture and Practical Demonstration]</b> <ul style="list-style-type: none"> <li>- Functional &amp; Resistance Training: Anatomy, Physiology, Biomechanics, Physiological Responses &amp; Adaptations to Training</li> <li>- Resistance Training Programming &amp; Progression</li> <li>- Exercise Techniques: Flexibility, Bodyweight and Stability Ball Exercises</li> </ul>	Available on ISA Online Portal
	<b>[Tutorial 1]</b> <ul style="list-style-type: none"> <li>- Revision and Summary of Week 1 - 4</li> </ul>	<b>30 Sep 2020, (Wed)</b> <b>7pm-9.30pm</b>  Conducted via Zoom Meeting, link to be provided when course commences
6	<b>[Recorded Lecture and Practical Demonstration]</b> <ul style="list-style-type: none"> <li>- Plyometric, Speed Training &amp; Other Advanced Program Options</li> </ul>	Available on ISA Online Portal
	<b>[Consultation 3]</b> <ul style="list-style-type: none"> <li>- Content of Week 5 and 6</li> </ul>	<b>6 Oct 2020 (Tue)</b> <b>7pm-8pm</b>  Conducted via Zoom Meeting, link to be provided when course commences
7	<b>[Recorded Lecture and Practical Demonstration]</b> <ul style="list-style-type: none"> <li>- ACE Integrated Fitness Training Model: A Contemporary Approach               <ul style="list-style-type: none"> <li>• Functional Assessment</li> <li>• Functional Programming for Stability, Mobility &amp; Assessment</li> <li>• Resistance Training Programmes &amp; Progression</li> <li>• Cardiorespiratory Training</li> </ul> </li> </ul>	Available on ISA Online Portal
8	<b>[Recorded Lecture and Practical Demonstration]</b> <ul style="list-style-type: none"> <li>- Personal Training Session Component</li> <li>- Programming for Special Population:</li> </ul>	Available on ISA Online Portal





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	<ul style="list-style-type: none"> <li>• Clients who are Preadolescent, Older or Pregnant</li> <li>• Clients with Nutritional &amp; Metabolic Concerns</li> <li>• Clients with Cardiovascular &amp; Respiratory Conditions</li> <li>• Clients with Orthopedic, Injury &amp; Rehabilitation Concerns</li> <li>• Clients with Spinal Cord Injury, Multiple Sclerosis, Epilepsy &amp; Cerebral Palsy</li> <li>• Clients with other Medical Conditions</li> </ul>	
	<b>[Consultation 4]</b> - Content of Week 7 and 8	<b>20 Oct 2020 (Tue)</b> <b>7pm-8pm</b>  Conducted via Zoom Meeting, link to be provided when course commences
9	<b>[Tutorial 2]</b> - Revision and Summary of Week 5 - 8	<b>28 Oct 2020 (Wed)</b> <b>7pm-9.30pm</b>  Conducted via Zoom Meeting, link to be provided when course commences
10	<b>[ISA Theory Exam]</b> - 60% to pass - 150 Questions in 3 hours - Practice questions that mimic the actual ACE Examination	<b>Open from 2 Nov 2020 (Mon) 9am onwards</b>  Available on ISA Online Portal
11	<b>[Consultation 5]</b> - Content of Week 1 – 8	<b>10 Nov 2020 (Tue)</b> <b>7pm-8pm</b>  Conducted via Zoom Meeting, link to be provided when course commences
12	<b>[Tutorial 3]</b> - Revision and Summary of Week 1 - 8	<b>18 Nov 2020 (Wed)</b> <b>7pm-9.30pm</b>  Conducted via Zoom Meeting, link to be provided when course commences
13 till end of the course	<b>[ACE Examination]</b> - More details on how to schedule the ACE Exam will be provided by the course administrator during the course	-

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



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### What is the ISA Professional Certification Series?

A series of programmes designed to provide participants with the necessary skills and knowledge to excel in the sports and fitness industry. Programmes leading to professional certifications include our highly popular Certified Personal Trainer Course leading to the internationally-recognised American Council on Exercise, our Strength and Conditioning Specialist Course leading to the gold standard National Strength and Conditioning Association Certification, as well as the ASCA swim coaching courses certified by the American Swimming Coaches Association.

### Who Should Attend?

Just a handful of our professional certification courses require some prior knowledge of sports and fitness, otherwise our courses are by and large suitable for all learners who want to get a head start in the sports and fitness industry.

### The ISA Advantage

ISA has been a trusted name in sports and fitness training and education in Singapore since 2003. We seek to be the thought leader by bringing together local and international experts with diverse expertise from across the industry, to seek collaborative solutions to Singapore's and the region's problems relating to health, fitness and sports.

In pursuit of our mission, we offer a full range of professional certifications, and short continuing education courses, each tailored to suit your varied needs and objectives.

- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Endorsed by industry leaders such as Virgin Active, True Fitness, the Pure Group, WAKO Singapore, Singapore Federation of Bodybuilding and Fitness, Superfit, Sports Lifestyle Initiatives, Club Managers' Association (Singapore) and Sports Lab among others
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing your skillsets.

