



ISA Certificate in Master Your Own Body (MYOB)



The primary purpose of MYOB is about returning to the roots and rediscovering the natural movement patterns of the human body. Discover new and fun ways to move and build basics of coordination, body control and movement ability.

Course Duration	10 hours over 2 days (Sat & Sun)
Course Dates (Next Intake)	18 – 19 Apr 2020
Course Fees	\$374.50 (inclusive of course materials)
Grants Available (T&Cs apply)	<ul style="list-style-type: none"> • UTAP: 50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year
Entry Requirement	<ul style="list-style-type: none"> • Applicants should be exercising at least 2-3 times a week with some bodyweight or strength training
Continuing Education Credits (if applicable)	<ul style="list-style-type: none"> • 1.0 ACE CECs awarded upon completion • 10 CoachSG CCE Hours awarded upon completion
Registration Deadline	15 Apr 2020



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Course Objectives

For Dedicated Personal Trainers/Aspiring Personal Trainer:

- **Identify** new ways to help clients find and feel more meaningful movement through multiple planes of motion.
- **Develop** and expand your movement library, teach new ways to motivate people of all ages and abilities to get moving.
- **Explore** how and when to use each movement individually, as well as how to link them together into flows of your own design.
- **Learn** over 30 movements plus 8 flow routines and choose to use them on its own or complement your current training program.
- **Demonstrate** regressions and progressions for safe and scalable movements appropriate for all fitness level and abilities.

For Fitness Enthusiast:

- Explore ways to use multi-directional movement to build muscle and improve mobility everywhere
- Learn the best movements to develop the body.
- Improve structural balance, coordination, body control, spatial awareness and agility.
- Strengthen the parts of your body which normally are neglected
- Develop supportive strength in your shoulders, core, hips and knees which are crucial for posture and performance.
- Learn how freedom of movement, through multiple planes of motion and dynamic stabilization provide total body activation that cannot be experienced using a traditional training apparatus.
- Fun, effective and inspiring 100% body movements to do **anywhere** and at **any time without joining the gym**.

Award

Upon completion of the course, each participant will be awarded
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Venue

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

Payment

Payment can be made via:

1. **Cash**
2. **Cheque**
3. **Online Transfer**



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Course Schedule

18 Apr 2020 (Sat) 10am – 4pm (with 1 hour break)	19 Apr 2020 (Sun) 10am – 4pm (with 1 hour break)
Concepts, methodology and philosophy behind the system <ul style="list-style-type: none"> • MYOB Flow Movement Mobility Drills & Active Flexibility <ul style="list-style-type: none"> • Dynamic Stretching Flow Movement Library <ul style="list-style-type: none"> • Flow elements are versatile movement skills varying from capoeira to breakdance, yoga, fitness, calisthenics, martial arts to animal walks. • Over 30 flow movements – High, Low, Ground • 8 flow routines which range from fat burning flows to animal movement • Regression, progressions, and variations for all skill levels • How and when to use each movement individually • How to link them together into flows of your own design. • Concept of Free Flow: Playful & Free 	Flow Movement Library <ul style="list-style-type: none"> • Flow elements are versatile movement skills varying from capoeira to breakdance, yoga, fitness, calisthenics, martial arts to animal walks. • Over 30 flow movements – High, Low, Ground • 8 flow routines which range from fat burning flows to animal movement • Regression, progressions, and variations for all skill levels • How and when to use each movement individually • How to link them together into flows of your own design. <p>Concept of Free Flow: Playful & Free</p> Strength Elements for Flow MYOB Activities & Movement Flows Stretching & Flexibility

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 Continuing Education Series?

A series of short, focused courses that breaks down complicated sports and fitness concepts into easy-to-digest programmes, allowing you to get a good foundational knowledge and understanding in specific areas of sports and fitness.

Who Should Attend?

Anyone! Whether you just want to learn more about fitness for your personal knowledge, or you are a trainer who is looking to increase your skillsets and marketability, our Continuing Education courses are suitable for just about anyone.

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.

