





This course is designed to provide participants with knowledge to design safe and structured strength training programmes and learn the 4 basic power lift exercises.

Course Duration

18 hours over 4 days (Sat & Sun)

Course Dates (Next Intake)

14 Mar 2020 - 22 Mar 2020

Course Fees

\$380.00 (inclusive of 7% GST)

Grants Available (T&Cs apply)

 UTAP: 50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year

Continuing Education Credits (if applicable)

• 10 CoachSG CCE Hours awarded upon completion

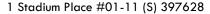
1.8 ACE CECs awarded upon completion

Registration Deadline

9 Mar 2020













Course Synopsis

Participants will learn to assess training goals and understand the principles of strength training and some of its variations. Through the practical component, participants will also how to safely execute the 4 basic lifts of strength and conditioning.

Course Objectives

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

- Understand and apply training theories to optimise sporting performance in strength and power-related sports
- Design and plan a strength training programme using principles of periodisation
- Apply different training methods to improve strength and power
- Develop strength training programs for special populations (women, youth, and senior athletes)
- Understand and safely execute techniques of the 4 basic lifts (Squat, Deadlift, Bench Press and Power Cleans) safely

Course Syllabus

Please refer to pages 4-5 for detailed course syllabus and class schedule.

Award

Upon completion of the course, each participant will be awarded ISA - The Forge Certificate in Sport Motion & Power Lifts

Venues

- International Sports Academy (Theory) 1 Stadium Place, Kallang Wave Mall, #01-11 Singapore 397628 (opposite beach volleyball courts)
- The Forge (Practical) 296 Lavender Street Singapore 338808

Payment

Payment can be made via:

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













Course Presenter (Practical)

The Forge

The Forge is an Olympic Weightlifting and Barbell Club. We focus on providing quality coaching and strength training solutions. Results oriented, we coach people to be the strongest versions of themselves. Our coaches are certified by the International Weightlifting Federation (IWF) and the National Coaching Accreditation Programme (NCAP).

We run 2 programmes: (1) Olympic Weightlifting and (2) Strength & Conditioning. Conducted in group settings and led by a dedicated coach, each trainee will receive a programme that is individualised for their needs. No two programmes are ever the same. Our focus is to create long term, sustainable results as each individual progress towards their goals.

Awards

Nationals 2016

Men

u63kg, Novice Category – Gold
 Nationals 2017

Women

- u58kg, Novice Category Gold
- u63kg, Master Category Gold

Men

- u63kg, Novice Category Silver
- u94kg, Novice Category Gold

Nationals 2018

Women

- 1. u58kg, Open Category Bronze
- 2. u63kg, Master Category Gold

Men

- u56kg, Novice Category Gold (National Record in Snatch, Clean and Jerk, Total)
- u77kg, Novice Category Gold
- u63kg, Open Category Gold
- u85kg, Open Category Gold











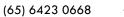
1 Stadium Place #01-11 (S) 397628



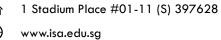


Course Schedule

	14 Mar 2020 (Sat) - Theory 9am — 12pm ISA	14 Mar 2020 (Sat) - Theory 1 pm — 4pm ISA		
Training Theory		Planning and Periodisation		
•	Basis for training	Periodisation of biomotor abilities		
	- Adaptation	- Perioidisation terminology		
	- Supercompensation	 Applying perioidisation to the development of biomotor abilities 		
•	Principles of training	- Perioidisation of strength and power		
	- Multilateral development versus			
	specialization	Planning the training session		
	- Development of the training model	- Types of training plans		
	- Load progression	- Training session		
	- Dynamic correspondence	- Daily cycle of training		
•	Preparation for training	Planning the training cycles		
	- Physical training	- Microcycle versus macrocycle		
	- Technical training	Periodisation of the annual plan		
	Tactical trainingTheoretical training	Periodisation of the annual plan		
	- Medical Halling	Annual training plan and its characteristics		
•	Variables of training	- Classifying annual plans		
	- Volume, intensity and their relationship	- Criteria for compiling an annual plan		
	- Frequency	and the companies of th		
	- Complexity	Peaking for competition		
	- Index of overall demand	- Training conditions for peaking		
		- Peaking: identifying and maintaining a peak		
		- Defining a taper		
		- Competition phase of the annual plan		











15 Mar 2020 (Sun) - Theory				15 Mar 2020 (Sun) - Theory			
9am – 12pm @ ISA				1 pm – 4pm @ ISA			
Training Methods			Trai	Training for Specific Populations			
•	 Strength and power development Methods of strength training Manipulation of training variables Implementation of a strength training program Periodisation of strength Strength exercises Exercise selection for beginner athletes Exercise selection for qualified athletes Additional types of strength exercises Experimental methods of strength training Breathing during strength exercises Injury prevention Training rules to avoid injury 		•	 Strength training for women Benefits and myths of strength training for women Physiological contrasts between women and men Strength training guidelines for women athletes Menstrual cycle and strength training Female athlete triad 			
21 Mar 2020 (Sat) - Practical				22 Mar 2020 (Sun) - Practical			
	2pm – 5pm (10am – 1pm @ '			
• •	rbell Squats Movement pattern Regressions	Barbell Deadlifts Movement pattern Regressions	•	bell Bench Press Movement pattern Regressions	Power CleansMovement patternRegressions		
Note: Practical will be conducted in round-robin rotation. Participants will be split into 2 groups to enhance learning experience. Group 1 Group 2							

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

Day 1 - Barbell Bench Press and Power Cleans

Day 2 – Barbell Squats and Barbell Deadlifts



Cleans

(65) 6423 0668



Day 1 – Barbell Squats and Barbell Deadlifts

Day 2 – Barbell Bench Press and Power

1 Stadium Place #01-11 (S) 397628



info@isa.edu.sg







What is the ISA Continuing Education Series?

A series of short, focused courses that breaks down complicated sports and exercise science 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 academic programmes, 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 leading industry employers such as Virgin Active, True Fitness, the Pure Group, Triple Fit, WAKO Singapore, Singapore Federation of Bodybuilding and Fitness among others.
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers professional certification courses for increasing your skillsets.













