

## ISA - The Forge Certificate in Sports Motion & Power Lifts

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



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



# ISA - The Forge Certificate in Sports Motion & Power Lifts

## 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 learn 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**

# ISA - The Forge Certificate in Sports Motion & Power Lifts

## 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





## ISA - The Forge Certificate in Sports Motion & Power Lifts

### Course Schedule

14 Mar 2020 (Sat) - Theory 9am – 12pm ISA	14 Mar 2020 (Sat) - Theory 1pm – 4pm ISA
<b>Training Theory</b> <ul style="list-style-type: none"> <li>• Basis for training <ul style="list-style-type: none"> <li>- Adaptation</li> <li>- Supercompensation</li> </ul> </li> <li>• Principles of training <ul style="list-style-type: none"> <li>- Multilateral development versus specialization</li> <li>- Development of the training model</li> <li>- Load progression</li> <li>- Dynamic correspondence</li> </ul> </li> <li>• Preparation for training <ul style="list-style-type: none"> <li>- Physical training</li> <li>- Technical training</li> <li>- Tactical training</li> <li>- Theoretical training</li> </ul> </li> <li>• Variables of training <ul style="list-style-type: none"> <li>- Volume, intensity and their relationship</li> <li>- Frequency</li> <li>- Complexity</li> <li>- Index of overall demand</li> </ul> </li> </ul>	<b>Planning and Periodisation</b> <ul style="list-style-type: none"> <li>• Periodisation of biomotor abilities <ul style="list-style-type: none"> <li>- Periodisation terminology</li> <li>- Applying periodisation to the development of biomotor abilities</li> <li>- Periodisation of strength and power</li> </ul> </li> <li>• Planning the training session <ul style="list-style-type: none"> <li>- Types of training plans</li> <li>- Training session</li> <li>- Daily cycle of training</li> </ul> </li> <li>• Planning the training cycles <ul style="list-style-type: none"> <li>- Microcycle versus macrocycle</li> </ul> </li> <li>• Periodisation of the annual plan</li> <li>• Annual training plan and its characteristics <ul style="list-style-type: none"> <li>- Classifying annual plans</li> <li>- Criteria for compiling an annual plan</li> </ul> </li> <li>• Peaking for competition <ul style="list-style-type: none"> <li>- Training conditions for peaking</li> <li>- Peaking: identifying and maintaining a peak</li> <li>- Defining a taper</li> <li>- Competition phase of the annual plan</li> </ul> </li> </ul>





## ISA - The Forge Certificate in Sports Motion & Power Lifts

15 Mar 2020 (Sun) - Theory 9am – 12pm @ ISA		15 Mar 2020 (Sun) - Theory 1pm – 4pm @ ISA	
<b>Training Methods</b> <ul style="list-style-type: none"> <li>Strength and power development <ul style="list-style-type: none"> <li>Methods of strength training</li> <li>Manipulation of training variables</li> <li>Implementation of a strength training program</li> <li>Periodisation of strength</li> </ul> </li> <li>Strength exercises <ul style="list-style-type: none"> <li>Exercise selection for beginner athletes</li> <li>Exercise selection for qualified athletes</li> <li>Additional types of strength exercises</li> <li>Experimental methods of strength training</li> <li>Breathing during strength exercises</li> </ul> </li> <li>Injury prevention <ul style="list-style-type: none"> <li>Training rules to avoid injury</li> </ul> </li> </ul>		<b>Training for Specific Populations</b> <ul style="list-style-type: none"> <li>Strength training for women <ul style="list-style-type: none"> <li>Benefits and myths of strength training for women</li> <li>Physiological contrasts between women and men</li> <li>Strength training guidelines for women athletes</li> <li>Menstrual cycle and strength training</li> <li>Female athlete triad</li> </ul> </li> <li>Strength training for young athletes <ul style="list-style-type: none"> <li>When to start training young children</li> <li>Benefits and myths for training young athletes</li> <li>Strength training guidelines for young athletes</li> <li>Strength training for senior athletes Age and its effects on strength and power</li> <li>Nutrition, aging, and exercise challenges</li> <li>Training for strength, muscular power, and bone health</li> </ul> </li> <li>Strength training guidelines for senior athletes</li> </ul>	
21 Mar 2020 (Sat) - Practical 2pm – 5pm @ The Forge		22 Mar 2020 (Sun) - Practical 10am – 1pm @ The Forge	
<b>Barbell Squats</b> <ul style="list-style-type: none"> <li>Movement pattern</li> <li>Regressions</li> </ul>	<b>Barbell Deadlifts</b> <ul style="list-style-type: none"> <li>Movement pattern</li> <li>Regressions</li> </ul>	<b>Barbell Bench Press</b> <ul style="list-style-type: none"> <li>Movement pattern</li> <li>Regressions</li> </ul>	<b>Power Cleans</b> <ul style="list-style-type: none"> <li>Movement pattern</li> <li>Regressions</li> </ul>
<b>Note:</b> Practical will be conducted in round-robin rotation. Participants will be split into 2 groups to enhance learning experience.			
<u>Group 1</u> <ul style="list-style-type: none"> <li>Day 1 – Barbell Squats and Barbell Deadlifts</li> <li>Day 2 – Barbell Bench Press and Power Cleans</li> </ul>		<u>Group 2</u> <ul style="list-style-type: none"> <li>Day 1 – Barbell Bench Press and Power Cleans</li> <li>Day 2 – Barbell Squats and Barbell Deadlifts</li> </ul>	

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





## ISA - The Forge Certificate in Sports Motion & Power Lifts

### 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.

