



ISA Certified Strength and Conditioning Specialist Course (Leading to National Strength and Conditioning Association Certification)



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 (Sat & Sun)

Course Dates 5, 6, 12, 13, 19 Sep 2020
(Next Intake)

Course Fees \$2,100.00
(inclusive of course materials and examination fees)

Entry Requirements

- Any Bachelor's Degree OR
- Chiropractic / Medicine Degree granted by an accredited institution AND
- Valid CPR-AED Certification

Continuing Education Credits 10 CoachSG CCE Hours awarded upon completion
(if applicable)

Registration Deadline 1 Sep 2020



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Course Objectives

Upon successful completion of the course, participants will understand:

- Structure and Function of the Muscular, Neuromuscular, Cardiovascular and Respiratory System
- Bioenergetics of Exercise and Training
- Endocrine Responses to Resistance Exercise
- Biomechanics of Resistance Exercise
- Adaptations to Anaerobic and Aerobic Training Programs
- Age and Sex Related Differences and Their Implications for Resistance Exercise
- Psychology of Athletic Preparation and Performance
- Performance Enhancing Substances
- Nutritional Factors in Health and Performance
- Principles of Test Selection and Administration
- Administration, Scoring, and Interpretation of Selected Tests
- Warm-Up, Stretching, Resistance Training and Spotting Techniques
- Plyometric Training, Speed, Agility and Speed-Endurance Development
- Periodization, Rehabilitation and Reconditioning
- Facility Organization, Risk Management, Policy Development and Procedures Manual

Course Syllabus

Please refer to page 4 for detailed course syllabus and class schedule.

Award

Upon completion of the course, each participant will be awarded **NSCA Certified Strength and Conditioning Specialist**

Venue

International Sports Academy
1 Stadium Place, Kallang Wave 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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Assessment

Candidates can pick an assessment date and time of their convenience to take the NSCA Examination, which is held at a Computer Testing Centre.

Scientific Foundation Section (Passing Requirement 70%)

Computer-Based Examination
Duration: 1 hr 30 min

Domain	% of Exam Section	No. of Questions
Exercise Science	71%	57
Nutrition	29%	23
Non-scored Questions	-	10
Total	100%	95

Exercise Science: Anatomy, bioenergetics, exercise physiology, biomechanics, acute and chronic adaptations to anaerobic and aerobic exercise, etc.

Nutrition: Factors affecting health and sport performance.

Practical Applied Section* (Passing Requirement 70%)

Computer Based Examination
Duration: 2 hrs 30 min

Domain	% of Exam Section	No. of Questions
Exercise Technique	36%	39
Program Design	36%	40
Organization and Administration	10%	11
Testing and Evaluation	18%	20
Non-scored Question	-	10
Total	100%	125

*24 of these questions are in conjunction with a video which mainly assess competencies in exercise techniques, functional anatomy and testing procedures.

Exercise Technique: Correct flexibility, conditioning, plyometric and resistance training exercise techniques.

Program Design: Anaerobic and aerobic training programs based upon an athlete's sport, strength and conditioning levels and training goals.

Organization and Administration: Policies and procedures, staffing, layout and safety guidelines of strength and conditioning facility.

Testing and Evaluation: Proper performance test selection, administration and evaluation of results based on the athlete's sport, strength and conditioning levels and training goals.



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Course Schedule

5 Sep 2020 (Sat) 9 am – 5 pm	6 Sep 2020 (Sun) 9 am – 5 pm	12 Sep 2020 (Sat) 9 am – 5 pm
• Structure and function of the muscular, neuromuscular, cardiovascular and respiratory system • Bioenergetics of Exercise BREAK Endocrine responses to resistance exercise	• Biomechanics to resistance exercise • Adaptation to anaerobic training programs BREAK Adaptations to aerobic training programs	• Age and sex differences and their implications for resistance exercise • Psychology of athletic preparation and performance • Performance enhancing substances BREAK • Nutritional factors in health and performance • Principles of test selection and administration • Stretching PRACTICAL
13 Sep 2020 (Sun) 9 am – 5 pm		19 Sep 2020 (Sat) 9 am – 5 pm
• Resistance training and spotting techniques BREAK • Plyometric • Speed, agility and speed endurance development PRACTICAL		• Aerobic endurance • Periodisation BREAK • Rehabilitation • Facility organisation • Developing policies WRAP UP

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.

