

ISA Certificate in Exercise & Sports Science

ISA Fitness Fundamentals Series



This course is designed as an introductory level course for individuals who wish to find out more about sports science and understand the basic functions of the human body. It serves as a good foundation for those who wish to delve further into the world of sports and fitness.

Course Duration	12 hours over 2 weeks
Course Dates	4, 6, 11 & 13 Dec 2018
Course Fees	\$200.10 (inclusive of 7% GST)
Grants Available	<ul style="list-style-type: none">• SkillsFuture: up to \$200.10 for Singaporeans 25 years old and above• 10 Coach SG CCEs
Continuing Education Credits	
Registration Deadline	24 Oct 2018

For any enquires, call 6428 0668 or email us at info@isa.edu.sg



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Course Objectives

Upon successful completion of the course, participants will understand:

- Basic human anatomy and physiology systems of the human body.
- Basic exercise physiology and acute and chronic exercise.
- Biomechanical principles and considerations.
- Nutrition and how to read food guide labels.
- How the human body responds to exercise and adapts to it.

Course Syllabus

Please refer to page 3 for detailed course syllabus and class schedule.

Award

Upon completion of the course, each participant will be awarded
- ISA Certificate in Exercise & Sports Science

Venue

International Sports Academy
1 Stadium Place
#01-11 Kallang Wave Mall
(opposite beach volleyball courts)

Assessment Dates

ISA Examination (Theory)
20 Dec 2018 (Thu), Time TBC

Payment

Payment can be made via:

1. **Cash**
2. **Cheque** – please issue to International Sports Academy (S) Pte Ltd
3. **Online Transfer** – please transfer to OCBC Bank Account No: 508-707-999-001

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Course Schedule

Exercise Sports Science			
4 Dec 2018 (Tue) 7 pm – 9.30 pm	6 Dec 2018 (Thu) 7 pm – 9.30 pm	11 Dec 2018 (Tue) 7 pm – 9.30 pm	13 Dec 2018 (Thu) 7 pm – 9.30 pm
<u>Exercise Science</u> Essential Chap 1 Human Anatomy Anatomical terminology Respiratory system BREAK Skeletal system Muscular system	<u>Exercise Science</u> Essential Chap 2 Exercise Physiology Definitions Energy Production in cells Cardiovascular and cardiopulmonary responses to exercises Adaptations to strength training BREAK <u>Exercise Science</u> Essential Chap 5 Physiology of Training Adaptations to exercise Training Principles	<u>Exercise Science</u> Essential Chap 3 Biomechanics and Applied Kinesiology Biomechanics Posture and muscle imbalance BREAK Muscle acting at the hip joint Muscles acting at the knee and ankle joints Upper body muscles	<u>Exercise Science</u> Essential Chap 4 Nutrition Nutrients Food pyramids BREAK Protein Fat Heart disease

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 Fitness Fundamentals Series?

Breaking down complex topics in Sports Science into simple, bite size portions, and explained in a manner that is easy to comprehend, ISA's Fitness Fundamental programmes aim to provide everyone with a simple knowledge in sports science, health and nutrition to help one kick-start their journey on health and fitness!

Who Should Attend?

Anyone! Our programmes are designed in such a way that would be applicable to all learners, from sports enthusiasts, who are interested in learning more about sports and exercise science, to professional sports trainers / coaches.

The ISA Advantage

Leading the Development of Health, Fitness and Sports Development in Singapore, and the Region. ISA has been a trusted brand for sports and fitness training and education in Singapore since 2003. ISA seeks 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 various academic programmes, professional certification courses, and short, focused programmes, 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, among others.
- Conferred EduTrust (4-Year) Award by the Committee for Private Education for maintaining high standards in providing quality education services.
- Named Most Preferred Private Education Institute for Diploma/Advanced Diploma (Sports and Recreation) by JobsCentral Learning Survey.
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing skill sets.



Cert No. : EDU-2-2100
Validity : 07/06/2017 - 06/06/2021



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