

*Seal Of Fitness Personal Training Services
Atlanta*

The mission of the **International Sports Conditioning Association (ISCA)** is to promote and improve health and fitness through safe and effective sports specific programs. The ISCA is a professional training educational organization for the health fitness field. It is dedicated to providing certification programs and continuing education that teach concepts of physical fitness. Founded by Thomas “The Promise” Trebotich, developer of the original BoxAerobic and Kick Box Exercise programs and fitness trainer since 1990, it is now an organization of leading fitness professionals working together to bring safe, key to decreasing the risk of a number of health-related problems, including heart disease, high blood pressure, diabetes, and joint disease, and achieving a healthy lifestyle.

Rod Johnson of Seal Of Fitness on behalf of ISCA presents the following educational programs. If your health club or fitness facility has an interest in hosting any of the workshops listed, contact Rod@SealOfFitness.com.

To visit ISCA website, go to SealOfFitness.com links section and click on web address.

ISCA Workshops

1. BALL2

Course Objectives

The Ball to the 2nd Power workout is a training program that is designed to training cardiovascular, strength, flexibility, balance, power, agility, coordination, and speed. Utilizing both the medicine and stability ball, this four-hour workshop uses eight modules to teach individual exercises and partner drills, with application to the personal trainer, as well as the group instructor.

2. JUMP ROPE TECHNIQUE

Course Objectives

This 2-hour jump rope workshop is designed will teach group exercise instructors and personal trainers safe, fun and effective jump rope techniques, basic to advanced. It will address various fitness levels and populations and teach modifications to allow for safe participation and skill improvement. This workshop will also help the instructor select the proper rope for the individual participant. It will allow the group exercise instructor to choose from a variety of class format options, teach proper movement and skill progression for the individual.

3. PLYO – POWER – AGILITY – COORDINATION

Course Objectives

The PlyoPAC workout is a training program that incorporates **plyometrics, power, agility, coordination** and **speed training** into an **interval system**. The self-paced interval training nature of PlyoPAC allows each individual to get optimal benefit from the program by varying the contributions of the aerobic and anaerobic systems. This exciting new system **incorporates ladders, ropes, weighted balls, cones, hurdles, steps** and other training tools to provide a high energy, diverse workout that is both fun and

challenging. PlyoPAC takes **drills** used to **train elite athletes**, and **playground movements** that we have all experienced since childhood, and combines them into a program that is both fun and effective.

4. YOGA-BALL

Course Objectives

This course is designed to teach you a fun and easy to follow approach to Yoga utilizing the stability. With the never-ending “rat race,” the mind-body approach to well being has gained an amazing popularity. Yoga is an age-old practice of exercise and total well-being that tends to be somewhat intimidating to a novice, or for that matter even an advanced, fitness enthusiast. YogaBall is a program that incorporated all the disciplines and teachings of yoga into a simple, yet challenging program.

5. PILATES MAT, LEVEL 1

Course Objective

The ISCA Pilates Mat exercise certification is an entry-level program that offers fitness centers a new option for the health and fitness programs, in particular, one that will help reach those individuals who might not become involved in other forms of exercise.

Although organizations offer Pilates and other mind-body exercise programs, this program offers a standard format and a simple way to begin at a minimal cost.

Participants in ISCA Pilates exercise program will gain the following benefits:

- Core muscle development
- Improved posture
- Injury prevention
- Relief of stress and tension
- Enhanced body awareness
- Balance of strength and flexibility
- Enhanced athletic performance
- Increased self-esteem

6. KICK BOXING

Course Objectives

ISCA Kick Box Exercise Instructor certification course provides a thorough explanation of both the practical and theoretical bases for any type of kick boxing exercise program.

The course includes 9 hours of material and combines practical training, equipment utilization, demonstrations, scientific lectures, and a written examination. The information provided would help the group exercise instructor, personal trainer, or general fitness professional understand not only the kick boxing movements, but also the physiology and biomechanics, which make the system so unique.

7. KBOX ROUND II

Course Objectives

The ISCA KBox Round II Instructor certification course provides a thorough explanation of both the practical and theoretical bases for any one-one-one, circuit, and group exercise program. This 9-hour course combines practical training, equipment utilization, demonstrations, session design, and a written examination. The information provided will help the personal trainer, group exercise instructor and general fitness professional understand not only the kick boxing movements, but also the physiology and biomechanics, which make the system so unique.

Prerequisites:

It is recommended that the participant be certified in Kick Boxing and or Personal Training from a national certifying agency and have at least one (1) year of kick boxing fitness training experience. CPR is also required to obtain certificate.