

about ISSA

The International Sports Sciences Association was founded in 1988 by Sal Arria, DC, MSS, and Fred Hatfield, PhD, MSS. These two pioneers in the field of fitness and sports medicine sought to build a solid foundation for health and fitness education that would

standardize knowledge, techniques, and philosophy both nationally and internationally. ISSA then formed an advisory board culled from the elite ranks of research, coaching, sports medicine, and other branches of sports and fitness science. The majority of ISSA professors and advisors are both world-class athletes and Masters or PhDs—people who have extraordinary academic backgrounds *and* practical, “in-the-trenches” fitness training experience.

ISSA acts principally as a teaching institution and certification agency for professional fitness trainers, aerobics instructors, nutritional experts, college strength coaches, physical therapists, occupational therapists, athletic trainers, teachers, and other individuals with a passion for sports, health, and fitness. Recognized as The World Leader in Fitness Certification, the ISSA has educated over 80,000 fitness professionals.

ISSA certifications are valid and renowned wherever you go. Successfully completing any of the ISSA specialized programs gives you the opportunity to live and teach a lifestyle of fitness wherever you choose to reside. In addition to lending you professional credibility and a valuable education, ISSA will continue to provide support even after you’ve become certified. When it comes to professional fitness certification, ISSA is truly the world leader!

call **800.892.4772** or visit us at:
FitnessEducation.com

“I wanted to be certified to help others feel as good as I did. The most important thing my certification did for me was to teach me what mistakes I made in the past so I would not repeat them on myself or others. Helping others as a professional trainer with a professional organization has given me a great sense of well being.”

—Dave Gluhareff, EFT

Enrollment Application

Student Information

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Day _____ Eve _____

Email _____

Organization _____

How did you hear about ISSA? _____

Cost of the Program

Total Tuition **\$495.00 US**

Including all textbooks

Shipping & Handling **\$20.00 US**

\$20 charge applies to the continental US only.

For all other areas, please call for exact charge.

Group discounts available. Call for details.

Payment Information

Money Order Check# _____

VISA MasterCard American Express Discover

Credit Card # _____

Exp. date _____ Total to be charged to card _____

Cardholder _____

Signature _____

Complete and Return to

ISSA • 1015 Mark Avenue

Carpinteria, CA 93013

Fax: 805.745.8119

* Prices are in US dollars and are subject to change without notice. Refunds granted within 30 days of date of purchase by written request, provided that all course materials are still in new condition. A \$50.00 administrative fee plus shipping costs will be deducted from all refunds. If materials are damaged or written in, material costs will also be deducted from refund.

The state or fact of persevering.

Endurance
Fitness Trainer
International Sports Sciences Association



800.892.4772 • FitnessEducation.com



stamina • fortitude • perseverance • persistence • tenacity • doggedness • grit • tirelessness • indefatigability • resolution • determination • pertinacity

"I found the ISSA's Endurance Fitness Trainer program a wonderfully refreshing new approach to this material."

-Annabeth Gershwin, CFT, EFT

This program addresses all the aspects necessary to reach maximum aerobic conditioning at any age, or with any chronic condition. Students will learn how to design the most complete, individualized aerobic exercise program for their clients.

Call now to speak with an enrollment counselor.
800.892.4772 or 805.745.8111

While most of us have a general idea of how important aerobic exercise is for our bodies, few understand the specific benefits including:

- increasing the level of available energy
- relieving depression
- preventing certain types of cancers
- enhancing self image
- relieving stress and anxiety
- reducing the risk of heart disease
- slowing the aging process
- improving cholesterol ratios (HDL/LDL)
- improving the quality of sleep
- improving mental sharpness



EFT

Many individuals have only a minimal appreciation and understanding of what constitutes sound cardiovascular fitness. Most often, cardio-vascular fitness is perceived to be something associated with countless hours of pounding the highways and roadways in search of the elusive "runner's high," or jumping around in crowded stuffy rooms inside gyms and health clubs, sweating to loud music and the monotonous voice of an instructor.

For one reason or another cardio exercise scientists have not made it easy for non-members of the scientific community to fully understand cardio fitness. Incomprehensible terms and phrases are frequently used in the attempt to explain the procedures and the results of cardio exercise. As a result, many people shy away from potentially valuable cardio training. For this reason the International Sports Sciences Association designed a comprehensive cardio fitness certification program that will provide you with the needed information to train clients for endurance fitness in new ways.

Departing from the traditional "step, dance and slide" techniques that other organizations teach, ISSA's Endurance Fitness Trainer certification course focuses on outdoor cardio-vascular conditioning activities, such as cycling, running, triathlons, and cross training. Also covered is the use of aerobic equipment like rowing machines, stair climbers, bikes and treadmills. So if you're considering becoming an aerobics instructor, look no further. And if you are already a certified instructor or a personal trainer, this program will expand your client base immeasurably because it enables you to teach cardio exercises outdoors, without being confined to a gym. This program addresses all the techniques necessary to reach maximum cardio conditioning at any age, or with any chronic condition. Students will learn how to design the most complete, individualized endurance exercise programs for their clients.

WHAT ARE YOU WAITING FOR?

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As one studies this field, it seems relatively apparent that there are more than 100 reasons why aerobic exercise has a positive effect on the quality and quantity of a person's life. However, an aerobic program will not be beneficial unless it meets two critical criteria. First, it must place the appropriate demand on the cardiovascular system, and second it must be designed in such a way that the person will not grow bored with it and stop exercising.

ISSA's Endurance Fitness Trainer program provides you with the knowledge to provide both of these critical criteria for your clients. You will not only learn terms, phrases, principles, and concepts of aerobic training, but you will learn how to keep your clients motivated to stick with their program.



TUITION

The \$495.00 tuition covers all registration fees, study materials, testing, membership dues, and unlimited access to ISSA's technical and educational support. There are no hidden costs!