



### **ISSA's SMAC Curriculum Includes:**

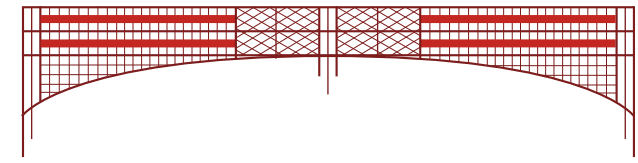
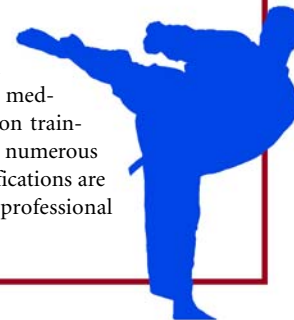
- Injury prevention and management
- Fat loss and lean mass gain
- Increasing your clientele
- Periodization and planning
- Designing effective strength training programs
- Performance nutrition and supplementation
- Improving flexibility and mobility skills
- Mastering principles of sport training
- Integrating conditioning and skill training
- Strength and speed-strength development
- Competition readiness
- Valuable resources for the martial artist
- Advancing your career in the martial arts



### ***Taking A Stand...***

In 1988, the most powerful team of fitness experts ever assembled joined together under the leadership of Sal A. Arria, D.C., MSS, and Frederick C. Hatfield, Ph.D., MSS, to stem this tide of physical decline. Culled from the elite ranks of research, coaching, sports medicine, and sports and fitness science, these individuals decided to draw a line in the sand, and turn the tide toward a more fit and healthy world. Together they formed the International Sports Sciences Association with the mission of transforming the fitness of our planet.

Since that initial gathering in 1988, the International Sports Sciences Association has catapulted to the forefront of the fitness community. ISSA is now recognized as the World Leader In Fitness Certification, having provided certification and continuing education for more than 80,000 health and fitness professionals to date. ISSA acts as a teaching institution and certification agency for fitness trainers, athletic trainers, coaches, physicians, chiropractors, physical therapists, and professionals in every field of health care. We have set new standards in exercise assessment, nutritional planning, fitness instruction, sports medicine practice, and post-rehabilitation training. Our courses are also taught in numerous colleges and universities. ISSA certifications are recognized universally, and our professional credibility is impeccable.



**SPECIALIST IN**  
***Martial Arts***  
**C O N D I T I O N I N G**



**International Sports Sciences Association**  
The World Leader in Fitness Certification – Since 1988



**Education... Credibility... Authority...**  
That sets you apart

While the martial arts are an area of athletic competition that requires incredible skill, teaching technique is only half the formula for success. Like any sport, the other half of the formula is physical conditioning which consists of developing strength, stamina, agility, quickness, and flexibility. Emphasizing only skill development without teaching physical conditioning leaves your students literally half prepared.

Recognizing this, the ISSA developed a solution... to provide you with the education and certification as a Specialist in Martial Arts Conditioning. Since over 50% of your students are interested in improving their fitness in addition to becoming martial artists, they want to know that you possess not only martial arts qualifications, but also the appropriate expertise in fitness training. Promoting fitness and conditioning within your martial arts studio is what can set you apart as a leader in your community and will provide the best service for your students.

In addition to being a black belt and a great instructor, the fact that you're certified by ISSA to answer questions about nutrition, supplements, fat loss, flexibility, strength training, and even youth fitness greatly enhances your credibility. The increased confidence and respect that this credibility creates will stimulate your students to refer their family and friends.

**ISSA also offers these specialized courses:**

- Certified Fitness Trainer (CFT)
- Fitness Therapy™ (FT)
- Specialist in Sports Conditioning (SSC)
- Specialist in Performance Nutrition (SPN)
- Endurance Fitness Trainer (EFT)
- Youth Fitness Trainer (YFT)
- Water Fitness Trainer (WFT)

**When We Say "Support," We Mean It!**

As a certified member of the International Sports Sciences Association (included in your tuition), you'll reap many more benefits including:

- Unlimited access to ISSA's expert technical support staff through our toll-free helpline (800-892-ISSA). This support is available not only during the certification process, but after as well. Questions about training? Nutrition? Injuries? Let ISSA's staff of renowned experts advise you on these and many other topics.
- Discounted rates on professional liability insurance.
- ISSA's five hour fitness and sports medicine video.
- Wholesale prices on many ISSA products and services.
- Receive PRO-TRAINER (ISSA's membership magazine).
- We offer a comprehensive continuing education program.
- The Complete Guide to Fiscal Fitness (ISSA's business and marketing manual) will guide you through all aspects of establishing and maintaining a thriving martial arts business.
- ISSA certification will prepare you for an adjunct career as a personal trainer. Let the world leaders in fitness certification show you why martial arts and fitness training add up to a healthy career!

CALL TO ENROLL TODAY!  
**1-800-892-4772**

or visit us online at:  
[www.FitnessEducation.com](http://www.FitnessEducation.com)



**SMAC Enrollment Form**

**Student Information**

Name \_\_\_\_\_ date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ day \_\_\_\_\_ eve \_\_\_\_\_

Email \_\_\_\_\_

Organization \_\_\_\_\_

How did you hear about ISSA? \_\_\_\_\_

**Cost of the Program**

Course Materials and Tuition	<b>\$495.00*</b>
Shipping & Handling	<b>\$20.00*</b>

*Group discounts are available. Call for details.*

**Payment Information**

Money Order  Check# \_\_\_\_\_

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**

source: **SMACB706**

\* All prices are in US dollars and are subject to change without notice. The \$20 shipping and handling fee applies to the continental US only. For all other areas, please call for exact shipping cost. 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. The cost of materials will also be deducted if materials are damaged or written in.