



## tuition **INFORMATION**

The tuition for each of our courses includes the cost of all required textbooks, study guides and testing. There is no extra charge for retaking an examination, if necessary. After completing your course requirements and passing your examination, you will be issued your professional certification and wallet identification card. ISSA certification is valid for two years and is renewable by completing approved Continuing Education Units (CEUs) and paying a \$75 renewal fee.\*

ISSA provides many specialized education programs that meet continuing education requirements. Additionally, ISSA courses are recognized and approved for CEUs by many professional organizations for physicians, chiropractors, physical therapists, and most fitness certifying agencies.

With ISSA behind you, success is just one step away. We'll teach you how to build a successful, rewarding, and profitable business; get in better shape; and help others improve the quality of their lives. Join the many thousands of successful ISSA fitness professionals worldwide and have the most respected authorities in the fitness industry on your team!

- The IRS allows an income tax deduction for educational expenses, including registration fees, travel costs and lodging incurred to maintain or improve skills required in one's employment or to meet the express requirements of an employer.
- All prices are subject to change without notice. All seminar dates subject to change without notice.

\* Adult CPR is a necessary part of any fitness career. Valid CPR certification is required for completion of all ISSA courses. The Red Cross and other civic organizations offer certification in CPR. Please call 800.892.4772 with questions.

## enrollment **APPLICATION**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Country \_\_\_\_\_  
 Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_

### SPECIALIST IN SPORTS CONDITIONING

Text, Video, & Tuition \$550\*  
 Shipping & Handling \$20\*  
*Group discounts available. Please call for current discounts.*

### Payment Information: (please check one)

- Check # \_\_\_\_\_  Money Order  
 Visa  MasterCard  
 American Express  Discover

Card Number \_\_\_\_\_  
 Expiration Date \_\_\_\_\_  
 Total To Be Applied To Card \_\_\_\_\_  
 Name of Cardholder \_\_\_\_\_  
 Signature \_\_\_\_\_

**Please complete and return to:**  
 International Sports Sciences Association  
 1015 Mark Avenue • Carpinteria, CA 93013  
 Phone: **1.800.892.4772**, Local: 805.745.8111  
 Fax: 805.745.8119, Web: **FitnessEducation.com**

\* 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.

## SPECIALIST IN **Sports** **Conditioning**





## THE EVOLUTION of Strength Training

Thirty years ago, resistance training was thought to be relevant to very few sports, such as football and weightlifting. However, as science has unlocked the secrets of the human body and how it works, we have come to understand that strength training is absolutely essential to enhanced performance in virtually every athletic endeavor. Today, sprinters, swimmers, gymnasts, tennis players, golfers and participants in nearly every other sport regard strength training as a core staple of athletic preparation. Consequently, resistance training is now a vital concern of every coach, assistant coach, strength coach, athletic trainer and physical education teacher who works with athletes to help them achieve high-level results.

### Focus

The ISSA Specialist in Sports Conditioning Program has been designed to provide coaches with the knowledge, expertise and specific training techniques to enable their athletes to expand the capacity of their bodies to perform the most difficult athletic feats, while remaining strong and free from injuries. Athletic endeavors place the human body under great stress. Proper training and preparation give athletes the confidence to push themselves to their limits, without fear of physical breakdown.

### What Makes the ISSA Program Unique?

ISSA's Specialist in Sports Conditioning program is comprehensive, as well as practical. Written by professor and champion athlete Thomas D. Fahey, EdD, ISSA's SSC program equips you to properly and effectively train athletes and open the door to a new client base. ISSA's SSC program has been designed to ensure that a standardized body of effective knowledge, techniques, and philosophy are employed by those who work with athletes.

### What's Included in the Curriculum?

The SSC curriculum includes anatomy, physiology, fitness assessment, strength training, periodization concepts, sports medicine topics, and plyometrics. Also covered are Olympic lifting techniques, agility training, cardiovascular endurance, sport-specific sample programs, performance nutrition and supplementation, flexibility training, sports psychology and much more.

### What Materials Does the SSC Program Include?

When you enroll in ISSA's Specialist in Sports Conditioning program, within a few days you'll receive a package including your main course text *Specialist in Sports Conditioning: The Complete Guide to Sports and Fitness Training*; *Specialist in Sports Conditioning Workbook and Study Guide*; and *Strength, Quickness, Speed* supplement text and companion video.

### Why Is It Necessary To Get Certified?

ISSA membership (included in course tuition), provides many invaluable benefits for sports conditioning professionals. These include unlimited access to our expert technical staff via ISSA's 800 line, e-mail, or Members Section of our website; subscriptions to ISSA's membership publications, including ProTrainer online; greatly reduced prices on professional liability insurance, nutritional supplements, apparel, and other products; access to ISSA's wide-ranging continuing education programs; and more!

## course STRUCTURE

ISSA's SSC course is an independent study program. Everything you need to know about sports conditioning is contained in the materials provided. ISSA also provides you with access to our toll-free technical and educational support line. If you have any questions about any topic in the course material, just give us a call. This invaluable support and assistance is available to you while you study, while you test, and even after you become certified!

## course AUTHOR

Former youth sport and university team coach Thomas Fahey, EdD received his doctorate from University of California, Berkeley, specializing in exercise physiology and motor development. A college All-American track and field athlete, Dr. Fahey continued to pursue athletic excellence after graduation and succeeded as a five-time US masters national champion in the discus, two-time gold medal winner in Master's World Games, and two-time silver medal winner in Master's World Track and Field Championships. Dr. Fahey has authored 15 books on exercise physiology, wellness, and strength, and has contributed to hundreds of scientific journals and fitness magazines.

## about ISSA

In 1988, the most powerful team of fitness experts ever assembled joined together under the leadership of Sal A. Arria and Fred Hatfield to stem the tide of physical decline. Culled from the elite ranks of research, coaching, sports medicine, and sport and fitness science, these individuals decided to draw a line in the sand, and turn the tide toward a more fit and healthy planet. They formed the International Sports Sciences Association with the mission of transforming the fitness of the world. 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 fitness education to more than 80,000 health and fitness professionals. ISSA acts as a teaching institution for personal 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 recognized worldwide, and our professional credibility is impeccable.