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□This session, which is based on Chapter 7 of the ACE Personal Trainer Manual(4thed.), explains the importance of various functional assessments and outlines how to properly perform each. □After completing this session, you will have a better understanding of: -How to set up a plumb line to conduct a basic postural assessment.

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If you would like to get certified to lead one-on-one or small-group training sessions, the ACE Personal Trainer Certification would be the best fit. However, if you aspire to design and lead all formats of group exercise, the ACE Group Fitness Instructor Certification is the optimal choice.

ACE | Certified Personal Trainer | ACE Personal Trainer

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Week 1 scope of practice - SlideShare

With the new 5 th edition of the ACE materials, you don't need to master the separate "Essentials of Exercise Science" book as a prerequisite to start studying the "Personal Trainer Manual.". Also, it's important to be aware that the Exercise Science book is very thorough and covers many things of which you don't need to memorize verbatim.

How to Study and Pass The ACE Personal Trainer Test - Joe ...

The Ace Personal Trainer Manual 4th ed., The Ultimate Resource for Fitness Professionals, is the meat of the matter for this exam. Appendix B is the complete exam outline for the certification test. This should ideally be at the beginning of the book, but its in the back.

ACE Personal Trainer Manual: Exam Content Outline Appendix ...

A personal trainer can be viewed as a coach working with an athlete to achieve set

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goals. ... This entry was posted in ACE PT Manual, CH2 and tagged ACE, behaviors, exercise adherence, locus of control, Motivation, person trainer, self-efficacy, SMART Guidelines, social support.

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