

# ACE Certified Personal Trainer

The Personal Trainer Certification is designed for trainers providing any form of one-on-one instruction. Once you successfully pass the ACE Personal Trainer certification exam you will have demonstrated your knowledge of basic exercise science, nutrition, fitness assessment, exercise programming, and instructional and spotting techniques.

## Standards of Excellence



**ACE Certified: The Mark of Quality**  
Look for the ACE-certified symbol of excellence in fitness certification, training and education.



**ACE Accreditation**  
All American Council on Exercise Certification Programs are accredited by the National Commission for Certifying Agencies.

## ACE Eligibility Requirements

- You must be at least 18 years of age
- You must hold an adult CPR (cardiopulmonary resuscitation) certification and it must be current at the time of the exam. Those submitting proof of CPR with their application will be exempt from future CPR audits, up to the expiration date of the certification. You can sit for the exam without proof of CPR; however, you will not receive your exam results until you provide current CPR certification information.

## Certificate Term and Renewal

- Your ACE certification is valid for two years from the date of your successful examination.
- To renew and maintain your certification, you must earn 2.0 continuing education credits (CECs) every two years through ACE-approved courses or professional activities.

Exam Fees (subject to change)	Regular	Stand- by
First-time candidates	\$200.00	\$225.00
Re-take candidates	\$135.00	\$160.00

## Customer Service

<ul style="list-style-type: none"> <li>• Purchasing books, study materials or apparel</li> <li>• Registering for ACE certification exams</li> <li>• Certification requirements and exam dates</li> <li>• Refunds</li> </ul>
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**Phone:** 1-800-825-3636 x653

**Fax:** (858) 279-8064 - Attention: Customer Service **Email:** [support@acefitness.org](mailto:support@acefitness.org)

## Certifications

Questions about:
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<ul style="list-style-type: none"> <li>• Exam rescheduling and transferring to another exam date or site</li> <li>• Exam refunds</li> </ul>
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## Adult Evening Program

Joseph M. Barry Career and Technical Education Center

1196 Prospect Avenue, Westbury, NY 11590 • (516) 622-6950 • Fax: (516) 338-4423

[www.adultednassau.org](http://www.adultednassau.org)

## Exam contents

The Personal Trainer Certification Exam is broken down as follows:

### Client Assessment – 20%

- Obtain health/medical information
- Assess client expectations, preferences, motivation and readiness
- Obtain a detailed lifestyle and exercise history
- Conduct appropriate baseline measures

### Program Design – 21%

- Interpret the results of client assessment
- Establish client-specific goals and objective measures
- Determine appropriate fitness parameters
- Address health risk factors

### Program Implementation and Adjustment – 29%

- Teach safe and effective exercise technique
- Teach strategies that promote physical activity
- Make appropriate modifications
- Promote exercise adherence

### Applied Sciences – 15%

- Exercise physiology
- Kinesiology and elementary biomechanics
- Anatomy
- Motor learning/control
- Nutrition and healthy eating
- Substance use and abuse
- Weight management
- Stress management
- Basic behavioral sciences

### Professional Role – 15%

- Emergency policy, plan and procedure
- Scope of practice
- Legal responsibilities
- Ethical responsibilities
- Fair business practices