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ACE Personal Trainer Manual: The Ultimate Resource for Fitness Professionals, 3rd Edition Hardcover - January 1, 2003 by Cedric X. Bryant (Editor), Daniel J. Green (Editor) 4.3 out of 5 stars 34 ratings

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PART I INTRODUCTION - ACE | Certified Personal Trainer

The ACE Certified Personal Trainer should understand the importance of third-party accreditation from a credible organization like the National Commission for Certifying Agencies, as well as the following concepts related to the advancement of personal training within the allied healthcare

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environment: • Recognition from the fitness and health industry
• Recognition from the education community • Recognition from the department of labor

Role and Scope of pRactice foR the ... - ACE Personal Trainer

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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ACE Personal Trainer Study Guide: ACE Personal Trainer Manual with Practice Test Questions for the American Council on Exercise Personal Trainer Test

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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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ACE Personal Trainer Manual, 4th edition

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