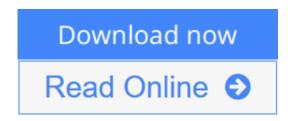


# ACE Personal Trainer Study Manual: ACE Personal Training Prep Book and Practice Test Questions

By ACE Personal Trainer Study Guide Team



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Trivium Test Prep's ACE Personal Trainer Study Manual: ACE Personal Training Prep Book and Practice Test Questions offers:

- A detailed overview of what you need to know for American Council on
   Exercise Personal Trainer Certification, so that you know exactly what to
   expect on the ACE Personal Trainer Exam
- Trivium Test Prep's ACE Personal Trainer Manual 2016 also covers all of the subjects over which you will be tested
- Includes a full 150 practice question ACE personal trainer practice test for you to practice and improve
- Test tips and strategies to help you score higher on for ACE personal training
- Trivium's ACE CPT book meets American Council on Exercise 2016 standards

Trivium Test Prep's ACE Personal Trainer Study Manual: ACE Personal Training Prep Book and Practice Test Questions includes:

Getting to Know the ACE Personal Trainer Certification Exam

Breaking Down the ACE Personal Trainer Certification Exam

#### Domain I: Client Interviews and Assessments

- THE INTERVIEW
- HUMAN BEHAVIOR OBTAINING INFORMATION
- ASSESSMENTS

#### Domain II: Program Design and Implementation

- BIOENERGETICS TRAINING
- EQUIPMENT

#### Domain III: Progression and Modifications

- COMMUNICATION
- MONITORING
- PROGRESSION
- SPECIAL CONSIDERATIONS

#### Domain IV: Professional Conduct, Safety, and Risk Management

- PROVIDING FEEDBACK
- CREATING A SAFE ENVIRONMENT
- CLIENT INTERACTION
- DOCUMENTATION
- RESPONSIBILITIES
- CREATING SAFE ENVIRONMENTS
- PROVIDING EDUCATION

#### ACE Personal Trainer Practice Test

• Practice Test: Answers

#### About the American Council on Exercise Personal Trainer Certification

American Council on Exercise (ACE) is as a sanctioning body for fitness instruction that provides a comprehensive testing program which measures an individual's capacity to supervise an exercise regimen. By passing its exam, personal trainers will be able to offer services as ACE-approved practitioner.

#### Scoring

A perfect score is 800. To pass and receive ACE accreditation, you only need a score of 500.

#### **About Trivium Test Prep**

Trivium Test Prep's study materials are created by industry and educational experts. Our dedicated professionals know how people think and learn, and have created our **ACE Personal Training study materials** based on what research has shown to be the fastest, easiest, and most effective way to prepare for the exam. Unlike other study guides that are stamped out in a generic fashion, our **ACE Personal Training study companion** is specifically tailored for your exact needs.

Trivium Test Prep offers:

- ACE Personal Trainer Test Prep book that brings the heat
- ACE Personal Trainer Exam study guide that is new standard
- ACE Personal Trainer Exam prep that helps you dominate the competition
- ACE Personal Trainer Study manual that raises the bar
- ACE Personal Trainer Review book that will help you win
- ACE Personal Trainer Practice test questions that are similar to what you will

see on test day

• ACE Personal Trainer Study guide 2015-2016-2017 that you need to help you ace your exam and get your certification



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