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This all new fourth edition of ACE's best-selling textbook offers expanded coverage of a personal trainer's primary job responsibility-assessing each client's current level of health and physical fitness and then developing a safe and effective fitness program that will lead to a lifelong commitment to a more active lifestyle and better health.

ACE Personal Trainer Manual: The Ultimate Resource for ...

Learning Objectives Based on Chapter 1 of the ACE Personal Trainer Manual, 4th ed., this session introduces the role of the ACE-certified Personal Trainer within the healthcare community and provides guidelines for staying within the defined scope of practice. After completing this session...

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□ This session, which is based on Chapter 7 of the ACE Personal Trainer Manual(4thed.), explains the

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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.

ACE Personal Trainer Manual, 4th edition

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ACE personal trainer manual 4th edition. Chapter 1 vocabulary flash cards

And like previous editions of this manual, this Fourth Edition of the ACE Personal Trainer Manual was written based on feedback from individuals who are active in the fitness world—practicing personal trainers, university professors, and industry experts—who worked together to create the Exam Content Outline (see Appendix B).

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The point at which a candidate for the ACE Personal Trainer Certification (or any other ACE certification) agrees to uphold the ACE Code of Ethics While registering for an ACE certification exam ACE-certified Personal Trainers must complete a minimum of 20 hours of continuing education every two years to maintain their certifications.

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What's new in the ACE Personal Trainer Manual (5th Edition)?

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The ACE Personal Trainer Manual (5th Edition) set combines our new comprehensive, personal training resource with our Essentials of Exercise Science for Fitness Professionals text. The new manual delivers relevant tools that aspiring professionals and industry veterans can apply to the clients of today, including behavior change expertise and coaching philosophy.

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I am currently reading the 4th edition of the ACE training manual and finish each chapter by answering the questions/multiple choice questions in the study guide that comes with the manual. I am finding this helpful. To make sure I absorb the material I am highlighting the key points in each chapter and putting those into notes.

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

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

ACE Personal Trainer Manual: Chapter 2 guide

Based on Chapter 1 of the ACE Personal Trainer Manual, 4th ed., this session introduces the role of the ACE-certified Personal Trainer within the healthcare community and provides guidelines for staying within the defined scope of practice. After completing this session, you will have a better understanding of:

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