

ACE CERTIFIED PERSONAL TRAINER

COURSE PROSPECTUS

COURSE DESCRIPTION

- 30 hours of practical in-person training
- Self-paced learning completed in own time
- Strengthen knowledge in fitness (human anatomy/exercise physiology/basic applied kinesiology/sports nutrition/training physiology)
- ACE Integrated Fitness Model (ACE IFT)
- Role of a Personal Trainer and Professional Conduct
- Injury prevention
- Business strategy and legal guidelines

GOALS OF THE COURSE

- ✓ Gain understanding of the personal trainer's responsibilities and ethics as well as their role within the healthcare continuum and in allied healthcare
- ✓ Create programs that improve and maintain health, fitness, weight, body composition, and metabolism
- ✓ Learn about heart rate, blood pressure, and circumference measurements
- ✓ How to apply exercise progressions to help a variety of clients reach their goals
- ✓ Become an expert in the ACE IFT Model → a systematic approach to designing and progressing through exercise programs based on the unique abilities, needs, and goals of the client
- ✓ Principles of behaviour change, effective communication, goal setting, and teaching techniques to create a credible and trusting client-person trainer relationship

ACE CERTIFIED PERSONAL TRAINER COURSE PROSPECTUS

WHO IS THIS FOR?

Professionals in:

- Fitness industry
- Movement instructors
- Strength & conditioning professionals
- Healthcare professionals

PREREQUISITES

- Must have at least 1 year of Gym experience
- Possess locally issued certificate(s) in Personal Training
- Currently working in the capacity of a Gym Instructor
- Anyone who is interested in joining the fitness coaching industry
- Must hold valid international recognised CPR certificate



COURSE INFO

LANGUAGE OF INSTRUCTION

- English

DURATION

- 18 hour practical session

CAPACITY

- 20

CECS GAINED

- Not applicable

TO REGISTER

- Enrolment is complete upon received payment
- For group registration, please contact us for preferential information

COURSE MATERIALS

- Textbook
- Recorded videos
- Recorded webinars
- Study handbook
- Online practice tests
- Access to expert articles

ACE CERTIFIED PERSONAL TRAINER

COURSE PROSPECTUS

INSTRUCTORS



STEVEN CHEW

- ACE CPT Master instructor
- Founder, Fitness Academy Asia



BRUCE HO

- Instructor for Integrated Stretching Therapy
- ACE Certified Personal Trainer



BEN FAN

- ACE-CPT Master Trainer

CONTACT INFO

- Email: specialize@fitnessacademyasia.com
- Whatsapp: (+852) 5540-1516
- Website: www.fitnessacademyasia.com



ACE CERTIFIED PERSONAL TRAINER



MATERIALS NEEDED

- Note pad and writing equipment for notes
- Sports Attire (shorts, t-shirts, sports bra)



ASSESSMENT

- Online multiple choice with online proctor
- 150 MCQs in 3 hours
- Minimum passing score is 500 points, 70% passing score
- Must be 18 years old or above to take exam



CERTIFICATIONS

ACE Personal Trainer Certification

COURSE STRUCTURE

THE ROLE AND SCOPE OF PRACTICE OF PERSONAL TRAINERS

Gain understanding of the personal trainer's responsibilities and ethics as well as their role within the healthcare continuum and in allied healthcare-plus the various avenues of career development

A CLIENT-CENTERED APPROACH TO PERSONAL TRAINING

Discover the principles of behaviour change, effective communication, goal setting and teaching techniques to create a credible and trusting client-personal trainer relationship that's vital to your client's success

ASSESSMENTS, PROGRAMMING AND PROGRESSIONS

Create client programs that improve and maintain health, fitness, weight, body composition and metabolism. Learn about heart rate, blood pressure and circumference measurements, which can be used as a baseline for future progress-plus how to apply exercise progressions to help a variety of clients reach their goals.

ACE INTEGRATED FITNESS MODEL (ACE IFT)

Become an expert in the ACE IFT® Model, a systematic approach to designing and progressing through exercise programs based on the unique abilities, needs and goals of the client.

ACE MOVER METHOD

Explore the philosophy designed to empower clients to make behavioural changes toward improved fitness and overall health

PROGRAM MODIFICATIONS FOR CLIENTS WITH SPECIAL CONSIDERATIONS

Gain understanding of the considerations for clients with various diseases, conditions, injuries or stages in life, including youth, women during pregnancy and older adults

PROFESSIONAL RESPONSIBILITIES & LEGAL GUIDELINES

Find out how to thrive on the business side of your personal training with legal guidelines and businesses considerations, such as legal forms, insurance, record keeping and risk management that protect clients, stakeholders and you