



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

*ACE Personal Trainer Study Guide Team*

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

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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. The **American Council on Exercise Personal Trainer Certification Exam** is an intensive 150-question multiple choice test that demands the right preparation, knowledge, and commitment.

### *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. Other study guides simply tell you what is on the test, not how that material is applied or, more importantly, HOW TO STUDY FOR IT. Trivium study guides are different. 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. We refuse to pad a study guide as a means to convince people there is more information; this is a devious trick used to make you think you are getting more, when really it's all just wasting your time.

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