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ACE Ch 1

Which fitness

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cards

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which is based
on Chapter 7 of
the ACE Personal
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explains the
importance of
various
functional

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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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(or any other
ACE
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the ACE Code of
Ethics While
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Trainers must

complete a

minimum of 20

hours of

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education every

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two years to
maintain their
certifications.
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professionals
and industry
veterans can
apply to the
clients of
today, including
behavior change
expertise and
coaching
philosophy.

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□ Based on
Chapter 1 of the
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session
introduces the
role of the ACE-
certified
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within the
healthcare
community and

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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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With the new 5
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the ACE

materials, you

don't need to

master the

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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

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Outline (see
Appendix B).

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