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American Council on Exercise. Purpose. The aim of the American Council on Exercise®(ACE®) Personal Trainer Certification examination is to evaluate if individuals have the knowledge and skills necessary to perform tasks that are critical for safe and competent practice as ACE Certified Personal Trainers. To ensure the ACE Personal Trainer Certification stays relevant and current, ACE conducts a role delineation study (RDS) every five years to update the composition and focus of the ACE ...

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If you would like to get certified to lead one-on-one or small-group training sessions, the ACE Personal Trainer Certification would be the best fit. However, if you aspire to design and lead all formats of group exercise, the ACE Group Fitness Instructor Certification is the optimal choice.

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Test Prep Books has drilled down the top test-taking tips for you to know. Anyone planning to take this exam should take advantage of the ACE Personal Trainer Exam review material, practice test questions, and test-taking strategies contained in this Test Prep Books study guide. Read Full Overview.

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