

FITM ACE Personal Trainer Exam Preparation Course

FITM ACE 私人教练认证备考课程

Enjoy higher passing rate of ACE CPT exam with FITM
FITM 的高合格率，让你安心备考

Course Overview 课程介绍

This is a 3-day bridging course upon completing FEA Certified Fitness Practitioner (CFP) course to help you earn the most trusted credential in fitness and health. The ACE Personal Trainer Certification Program is accredited by the National Commission for Certifying Agencies (NCCA), the gold standard in the U.S. for assessing fitness and allied health certification programs. It is also recognized globally by leading international standards-setting bodies, including iCREPs and EuropeActive. Passing the exam will give you a trusted credential that will pave the way for you to gain employment and help others become more physically active. This exam preparation course helps FEA CFPs to identify key areas to focus for the exam, understand key concepts and obtain the skills to answer exam questions.

这是 FEA 认证体适能从业者 CFP 课程后的三天衔接课程，能帮助你轻松体适能与健康领域最受信赖的认证！美国运动协会—私人教练认证 ACE-CPT，受第三方认证机构 NCCA 承认，在美国的体适能与健康认证系统中评为金牌标准。同时也是其他国际标准包括 iCREPs and EuropeActive 所承认的体系。这项认证能证明的职业技能与提高就业机会。这项备考课程将帮助 FEA CFP 的学员们重点理解考试内容，尤其是关键概念与回答技巧，以轻松应付考试。

What Are the Topics Covered? 你为什么需要参与这项课程？

- ACE Exam Content and Study Guidelines
ACE 测验内容与学习手册
- The Professional Personal Trainer
专业私人教练
- ACE Integrated Fitness Training (IFT) Model
ACE 综合体适能训练模型 (IFT)
- Client Assessment
客户评估
- Cardiovascular Training Science, Assessment & Programming
心肺训练科学，评估与方案设计
- Stability & Mobility Training Science, Functional Assessment & Programming
稳定性与灵活性训练科学，功能性评估与方案设计
- Resistance Training Science, Assessment & Programming
阻力训练科学，评估与方案设计
- Anatomy & Movement
解剖学与动作学
- Behaviour Change
行为改变
- Nutrition & Weight Management

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营养与体重管理

- *Training Special Population*
训练特俗族群
- *Trial Exam & Review*
模拟考试与复习

Who Will This Benefit? 这项课程适合谁？

FEA Certified Fitness Practitioner (CFP)

FEA 认证体适能从业者 (CFP)

ACE Exam Registration Eligibility ACE 注册考生资格

- *18 years old and above*
18 岁或以上
- *Hold a current CPR/AED certification with a live skills check.*
有 CPR/AED 的技能并持有证照

Course Provider 课程提供单位

Fitness Innovations Malaysia (FITM)

CEC Points 继续教育学分

N/A

Course Duration 课程时长

18 hours (3 days)

18 小时 (3 天)

Learning Materials 学习材料

- *FITM ACE Study Guide & ACE resources*
FITM ACE 学习手册 与 ACE 考古题
- *Access to E-learning platform via Google Classroom*
Google Classroom 线上学习平台

Note: E-learning platform via Google Classroom will be available for access 14 days before 1st day of live/virtual course.

注意：我们将在实体/线上课程开始前 14 天，送出 Google Classroom 的邀请。

Awards 证书

You will receive a Certified Personal Trainer certificate from American Council on Exercise (ACE) when you sit for and pass the ACE Personal Trainer examination. The FITM ACE Personal Trainer Exam Preparation Course does not provide you with any certificate of attendance/completion

在你考试并通过 ACE 私人教练考试后，你将获得美国运动协会 (ACE) 所颁发的证书。FITM 备考课程不提供任何结业证明。

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Grading Criteria 通过标准

The American Council on Exercise (ACE) Personal Trainer is a computer-based exam, comprising of 150 multiple choice questions that contributes a total score of 800. Passing score is $\geq 500/800$ marks. Result is released immediately upon completion. Certificates will be mailed to Fitness Innovations Malaysia within 4 – 6 weeks and we will inform you for collection.

美国运动协会私人教练考试需在电脑上进行，一共有150道选择题，一共800分。合格分数为500或以上。结果将会与交卷后马上公布，证书将会在四到六周内即送到Fitness Innovations Malaysia，届时我们会通知你领取。

Recertification 重新认证

Upon passing your ACE Personal Trainer exam, you will be required to renew your ACE Personal Trainer certification every 2 years.

通过ACE私人教练考试后，你需要每两年更行认证一次。

Exam Fee 考试费用

ACE Personal Trainer exam: RM 1,350

ACE私人教练考试：RM1350

Retake fee for ACE Personal Trainer exam: RM 1,180

重考费用：RM1180

Dress Code 着装规范

Fitness attire

运动服装

What Do I Need To Bring? 我需要带什么？

Stationery and a spare change of clothes

文具和一套替换服装

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 20 pax

至少12人，最多20人

Language 语言

English or Mandarin

英文或中文

Information displayed above is correct during time of publishing and may subject to change without prior notice

以上资讯若有更动，恕不另行通知。