

FITM ACE Certified Personal Trainer Exam Preparation Course (Online): Study-At-Your-Own-Pace

Enjoy higher passing rate of ACE CPT exam with FITM

Course Overview

This is a “Study-At-Your-Own-Pace” online course format 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 course helps you to identify key areas to focus for the exam, understand key concepts and obtain the skills to answer exam questions.

Study at Your Own Pace (Recorded Sessions) via Google Classroom

1. Role and Scope of Practice for Personal Trainers, Code of Ethics and Legal Guidelines
2. Health Screening, Resting Assessments and Anthropometry
3. Cardiovascular Training; Science, Assessment and Programming
4. Muscular Training: Science
5. Muscular Training: Assessment
6. Muscular Training: Programming
7. Programming in Practice
8. Programme Modifications for Clients with Special Considerations
9. Basics of Behavior Change and Communication
10. Nutrition for Health and Fitness

*includes tutorials accompanied by answers for self-review

ACE Exam Registration Eligibility

- 18 years old and above
- Hold a current CPR/AED certification with a live skills check. (Note: CPR/AED **live skills-check** waived through December 31, 2021. You may attend any online only CPR/AED certification course to fulfill ACE exam registration eligibility by December 31, 2021)

Exam timeline : One (1) year from the date access link of Google Classroom is given. Access link of Google Classroom will be given within 7 working days from the course registration date.

Course Provider

Fitness Innovations Malaysia (FITM)

CEC Points

N/A



Course Duration

Study at Your Own Pace – these are recorded sessions available to you via Google Classroom.

It will be made available to you for One (1) year from the date access link of Google Classroom is given. Access link of Google Classroom will be given within 7 working days from the course registration date.

Learning Materials

- Study at Your Own Pace – Access to E-learning platform via Google Classroom
- Study at Your Own Pace – E-manual (non-downloadable)
- ACE Branded Personal Trainer Course E-study Materials (Worth USD 249.99) [ACE PT Textbook, ACE PT Study Companion, ACE Student Support, Practice Test 1 & ACE Answers (Basic)]

Notes: The ACE study materials are essential to passing the examination.

Awards

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.

ACE Exam Administration

ACE Certification Exam is a proctored exam, it can be taken at home (online live remote proctoring) or at local test site that managed by Scantron. Scantron is the testing service company that ACE contracts for the development, administration, scoring, and security of ACE Certification exams.

In Asia, ACE Certification Exam can be taken at local test site in South East Asia (Malaysia: Kuala Lumpur, Petaling Jaya, Kuching; Singapore; Brunei; Indonesia; Philippines; Vietnam; Thailand), Eastern Asia (China; Taiwan; Japan; South Korea; Mongolia), Southern Asia (India; Pakistan; Bangladesh; Nepal; Sri Lanka), Western Asia: Turkey; Saudi Arabia; Jordan; Azerbaijan; United Arab Emirates (UAE); Israel; Lebanon; Oman; Palestine Territory; Kuwait; Armenia; Qatar; Bahrain; Cyprus).

For registration of ACE Exam Online Live Remote Proctoring, before proceeding, please ensure your computer and internet connection meet the system requirements by clicking the links below to run the Scantron Pass and Examyty Live Remote Proctoring system checks.

1. [Scantron Pass system check](#)
2. [Examyty Live Remote Proctoring system check](#)

Important FAQs about ACE exam: <https://www.acefitness.org/fitness-certifications/schedule-your-exam/#certification-exam-faqs>



Grading Criteria

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. Detailed exam content outlines with complete knowledge and skill statements for each ACE Certification program can be found at <https://www.acefitness.org/fitness-certifications/certification-exam-content/> . Passing score is \geq 500/800 marks. Result is released immediately upon completion.

You will have access to your ACE Certificates via your My ACE Account (<https://www.acefitness.org/myace/login/>) immediately upon becoming certified or renewing an existing ACE Certification. All ACE Certificates are completely digital with the convenience to print high-quality copies from home. For more details: <https://www.acefitness.org/fitness-certifications/digital-credentials/>

Recertification

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

Summary of renewal criteria: 20 credit hours continuing education approved by ACE, valid CPR & renewal fees of USD129* to ACE. Please see [ACE candidate handbook](#) on the detailed renewal criteria.

Exam Fee

ACE Exam Fees (English Exam Worth USD 499): RM 1,330

Retake fee for ACE Personal Trainer exam: RM1,080 (retake fees within 12 months after first attempt of ACE CPT exam); RM 1,330 (retake fees past 12 months after first attempt of ACE CPT exam)

Dress Code

N/A

What Do I Need to Have?

Laptop for best online learning experience

Course Capacity

Unlimited

Language

English

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

