

FITM ACE Personal Trainer Exam Review

Enjoy higher passing rate of ACE CPT exam with FITM

Course Overview

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 review course helps FEA CFPs to identify key areas to focus for the exam, understand key concepts and obtain the skills to answer exam questions.

What Are the Topics Covered?

- Session 1: ACE Exam Expectations, The Professional Personal Trainer
- Session 2: ACE IFT Model – Cardiovascular Training
- Session 3: ACE IFT Model – Resistance Training
- Session 4: Client Assessment
- Session 5: Behaviour Change and Communication Skills
- Session 6: Programme Modifications for Clients with Special Considerations and Trial Exam Review

Who Will This Benefit?

FEA Certified Fitness Practitioner (CFP) graduates

ACE Exam Registration Eligibility

- 18 years old and above
- Hold a current CPR/AED certification with a live skills check.

Exam timeline : One (1) year from the last class date.

Course Provider

Fitness Innovations Malaysia (FITM)

CEC Points

N/A

Course Duration

18 hours (3 days)

Learning Materials

- Manual (PowerPoint Presentation) and Handouts

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ACE →
EDUCATION
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- Virtual Course: Manual (PowerPoint Presentation) and E-Handout (downloadable). Free delivery for manual within West Malaysia.
- Study at Your Own Pace – these are recorded sessions and e-manual (PowerPoint Presentation) available to you via Google Classroom (available for one year from the date access is given)
- 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 Territor; 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 Examity Live Remote Proctoring system checks.

1. [Scantron Pass system check](#)
2. [Examity 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

Fitness attire

What Do I Need to Bring?

On-site: Stationery and a spare change of clothes/ Online: Laptop for best online learning experience

Course Capacity

A minimum of 12 pax and a maximum of 20 pax

Language

English or Mandarin

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

