

## **FITM ACE Personal Trainer Exam Review (Online)**

*Enjoy higher passing rate of ACE CPT exam with FITM*

### **Course Overview**

This is a 4-day bridging course via Zoom interactive sessions, 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?**

- ACE Exam Expectations
- The Professional Personal Trainer
- ACE IFT Model – Cardiovascular Training
- ACE IFT Model – Resistance Training
- Client Assessment
- Behaviour Change and Communication Skills
- Programme Modifications for Clients with Special Considerations
- 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**

*8 hours (4 days)*

### **Learning Materials**



- Manual (PowerPoint Presentation) and Handouts
- Virtual Course: Manual (PowerPoint Presentation) and E-Handout (downloadable).
- 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) [Multimedia Kit via ACE Learning Management System, ACE CPT Textbook, ACE PT Study Companion, ACE Student Support, Practice Test 1 & ACE Answers (Basic)] . This ACE e-study materials are included in your course fees.

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

**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 Behaviour Change and Communication
  10. Nutrition for Health and Fitness
- \*includes tutorials accompanied by answers for self-review

**Notes from Edutrainer**

We look forward to welcome you to the ACE CPT Exam Review Course. This exam review aims to prepare you for the ACE CPT Exam after you have attended FEA CFP. The structure of this course is a review; means we review key areas. So only those who did their studies will benefit from the review. We have sent you this information earlier:-

You should start to prepare for your ACE CPT Exam as soon as you have the e-book. It takes 3 to 4 months to prepare for the exam. You have 3 platforms to assist you in this preparation. ACE CPT E-Book, FITM ACE Personal Trainer Google Classroom and ACE Multimedia Kit. Completing FEA Certified Fitness Practitioner Level 1 & 2 will help you to understand the practical application of this certification. There is NO practical for ACE exam review as the ACE CPT exam is a 100% theory exam with 150 multiple choice-questions (MCQ).

Step 1: Read the ACE CPT E-book (to be redeemed in your ACE account, you will received within 7 business days after complete registration), watch the videos and attempt the quizzes (in FITM ACE Personal Trainer Google Classroom). This must be completed before Step 2.



Step 2: Attend the exam review. The exam review is to help you to reinforce important areas of the exam and for our Master Instructor to explain to you the questions and options of the quizzes inside the FITM ACE Personal Trainer Google Classroom. Candidates who are not prepared for the exam review will unlikely benefit from the exam review.

Please take note that ACE CPT Materials is one of the TOUGHEST CPT content that many have ever encountered. Not surprising, it is part of a university curriculum. So, you will need effort to be prepared. By completing CFP, it will definitely help you understand the manual better. Our biggest role, is to help you explain tough concepts from the content you have read. So, please review so we can help you with your role. See you in the exam review course!

### **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

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/>

### **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 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.

### **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 1,080 . The first exam fees is included in your course fees.

Retake fee for ACE Personal Trainer exam: RM 880 (retake fees within 12 months after first attempt of ACE CPT exam); RM 1,080 (retake fees past 12 months after first attempt of ACE CPT exam)

### **Dress Code**

*Fitness attire*

### **What Do I Need to Prepare?**

Laptop for best online learning experience, Zoom accounts, access to Google Classroom (gmail)

Zoom links will be given 3 days prior to the first live interactive course.

### **Course Capacity**

A minimum of 8 pax and maximum of 24 pax.

### **Language**

English or Mandarin.

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

