



# ACE Personal Trainer Exam Preparation Review Course

**T**he ACE Personal Trainer Exam Preparation Review Course is a vital study tool for individuals who learn best in a classroom setting. It is a great opportunity to interact with an instructor and other ACE exam candidates to clarify any areas of confusion or concern. Candidates who take an exam preparation course have a higher first-time pass rate compared to candidates studying on their own. All ACE Exam Preparation Tutors are degreed professionals, hold an ACE certification and have numerous years of teaching experience.

**ACE Personal Trainer Exam Review Course:** If you would like to add an interactive learning experience to your study schedule, this two-day, 16-hour comprehensive exam review course covers the critical competencies from the exam content outline. The course is best suited for individuals with some prior fitness knowledge, and is not meant as a substitute for preparation. Rather, the course is an instructional aide to facilitate the learning process. Students should read the appropriate ACE manual prior to taking the exam review course. (ACE-certified Professionals who hold a certification other than Personal Trainer and successfully complete this course will earn 1.6 Continuing Education Credits (CECs).)

## ACE Personal Trainer Exam Preparation Review Course Dates and Locations:

**July 24 - 25, 2004 or July 31-August 1, 2004**  
Langley, BC

**To register or for more information on future  
class dates:**

Call: 604.594.7112

Email: [contact@sportsspecifictraining.com](mailto:contact@sportsspecifictraining.com)

**\$199** <sup>+GST</sup> (includes ACE Exam Prep Workbook)

## ACE PERSONAL TRAINER EXAMS:

Vancouver: August 7, 2004  
Calgary and Toronto: Nov 6, 2004

For the most complete list of program dates and locations go to [www.ACEfitness.org/examprep](http://www.ACEfitness.org/examprep).  
Or, call ACE toll free at: (800) 825-3636, x653.

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TRAINING .com**

### **The ACE Personal Trainer Exam Review Course:**

If you would like to add an interactive learning experience to your study schedule, ACE offers a 2-day comprehensive exam review course that covers the critical competencies from the exam content outline. The cost for this two-day ACE-approved program is \$199.00 + GST. Included with your registration is an Exam Prep Workbook. Class will meet from 8:30 a.m. to 5:30 p.m. on both Saturday and Sunday.

The ACE Personal Trainer Exam Review Course is a vital study tool for individuals who learn best in a classroom setting. It is a great opportunity to interact with an ACE Exam Preparation Tutor and other ACE exam candidates to clarify any areas of confusion or concern. (ACE-certified Professionals who hold a certification other than Personal Trainer and successfully complete this course will earn 1.6 Continuing Education Credits (CECs).)

The course is best suited for individuals with some prior fitness knowledge, and is not meant as a substitute for preparation. Rather, the course is an instructional aide to facilitate the learning process. At a minimum, students should read the appropriate ACE manual prior to taking the exam review course.

### **Why Should You Choose ACE?**

The American Council on Exercise is the largest not-for-profit fitness certification organization in the United States. In the last 10 years, ACE has certified over 40,000 fitness professionals. Your ACE certification will instantly identify you as an educated professional throughout the United States and internationally. Many people choose to take an ACE approved exam preparation program to prepare for the examination and improve their chances for success.

### **What is The Exam Like?**

ACE offers certification examinations for personal trainers. The exam consists of a one hour written simulation component and then 150 multiple choice questions which you have 3 hours to complete. For specific exam registration information, including dates, prices, and policies, please call ACE directly at 1-800-825-3636.

### **Affordable, ACE-approved Programs**

We follow ACE's exam preparation competencies and guidelines. This has earned us the prestigious "ACE Approved" distinction.

### **Proven Success Record**

Candidates who take an exam review course have a higher first-time pass rate compared to candidates studying on their own. All ACE Exam Preparation Tutors are degreed professionals, hold an ACE certification and have numerous years of teaching experience.

### **Quality Training Materials**

Your registration fee includes an exam preparation workbook. Supplemental materials such as audio and video tapes, study guide and sample tests are also available.

### **Our Comprehensive Exam Review Program**

Our ACE-approved Comprehensive Exam Review Program will cover all of the exam objectives that ACE has established for exam preparation. Using the ACE Exam Content Breakdown as a guide, your instructor will use a combination of teaching styles and learning aids to help you prepare for the Personal Trainer Exam. Working with your instructor, you will learn how to apply textbook knowledge to real life personal training situations.

### **Written Simulation Component**

The ACE Personal Trainer Exam includes a "written simulation." This component features two separate problems that are designed to test your reasoning and problem solving skills in two personal training scenarios. Our exam prep program features a separate learning module that was designed especially to prepare you for this part of your test.

### **Give Yourself Time!**

The commitment to become certified is a major one - give yourself time to prepare! Once you register for a program, we ship all materials to you immediately so you can begin studying at home. The more time you have to prepare before class, the more you're likely to retain. Don't wait until the last minute!

**Please return this form along with payment**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**City:** \_\_\_\_\_

**Country:** \_\_\_\_\_

**Province/State:** \_\_\_\_\_

**Postal/Zip code:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

We reserve the right to cancel any classes due to low enrolment

### **Cheques Payable to:**

Sport Specific Training  
6488 Sunshine Place  
Delta, BC  
V4E 1P7

**To register or for more information on future class dates:**

**Call: 604.594.7112**

**Email: [contact@sportsspecifictraining.com](mailto:contact@sportsspecifictraining.com)**

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