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Ace personal trainer certification online

This traditional seated course focuses on preparing the student for work in the area of health and fitness, with emphasis on working as a personal trainer. Successful students may gain employment in YMCAs, gyms, fitness centers, or wellness programs. The American Council on Exercise (ACE) Personal Trainer course is designed to provide students with the information and resources necessary to understand and apply the important concepts required for taking and passing the ACE Personal Trainer Exam.*Additional InformationText and workbook is required and will be available in the SCC Main Campus Bookstore in Albemarle during semesters when this course is offeredRequirements:High school diploma or GED or Dual Enrollment Form*Driver's license or state IDStudent is at least 16 years of agePhysical Activity Readiness Statement - provided after registrationTotal hours: 42For registration assistance, please contact the Eagle's OneStop at 704-991-0123.Please call Rita Love at (704) 991-0328 or rlove9827@stanly.edu for additional information.* Students may take this course without a High School Diploma or GED. However, a High School Diploma or GED is required to take the ACE Personal Trainer Certification Exam. 2 Monthly Payments of \$199.50Purchase Now 3 Monthly Payments of \$133.33Purchase Now CC0/27707/Pixabay It doesn't matter how well you know or enjoy the material you're learning in school; you've got to know how to pass the exams if you want to get to the next grade level. It's a skill you learn from kindergarten through college, and it becomes more and more important each year. If you've had trouble passing exams recently, make a few changes to the way you prepare by following these tips to help you ace your next exam. Create a Comfortable Study Space Creating a space that's just for studying (as opposed to doing it in bed or at the kitchen table) is important for getting into the right mindset. Pick a place that's comfortable, organized, well-lit and appropriate for your studying needs. Also, avoid spaces with distractions like a TV or other people chatting. CC0/Free-Photos/Pixabay Study with Friends Consider getting together with a group of friends or other students from your class to study a few times before the exam — but only if those people are serious and motivated to work hard. You don't want to get together with a group that's just in it for the social aspects. You can compare notes, quiz each other and share new perspectives on the same material. Save the socializing for a night out after you all pass. CC0/StockSnap/Pixabay Take a Break If you find yourself studying for hours on end, your mind is going to get tired. It's important to take a break every 30 to 60 minutes. But don't just stay in your seat and play on your phone or your laptop. Get up and go for a walk, grab something to eat, jog, dance, clean or do something physical that doesn't relate to your studies to give your mind a break. CC0/StockSnap/Pixabay Limit Distractions Students these days have plenty to distract them in the way of mobile devices, social media and video games. Force yourself to put these things aside for at least half an hour or so every day while you study. There are even apps you can download to block or limit how much time you spend on specific sites and other apps. CC0/FirmBee/Pixabay Eat High-Protein Snacks Don't ever try to study on an empty stomach. You'll want to keep plenty of snacks and beverages around. But don't rely on high-carb junk food or sodas and coffee filled with caffeine, as they can lead to some major crashes later on. High-protein snacks, like peanut butter, yogurt, hard-boiled eggs, cheese, nuts and jerky, fill you up without leaving you tired and hungry shortly after. Drink plenty of water while you study, too. CC0/Stevepb/Pixabay Quiz Yourself Create some flash cards or a practice test with all of the relevant material, and practice them each day until you have the answers memorized. One of the best things about creating flashcards and practice quizzes is that you can pull them up and practice anywhere, from a waiting room to a long car ride (if you're not driving). CC0/AnnasPhotogrpahy/Pixabay Don't Do It All at Once One of the worst things you can do is cram all of your studying for one exam into one study session — particularly if you're waiting until the night before the big test. Carve out some time each night for a couple of weeks leading up to the test to read and work on the material. Even just 20 to 30 minutes a day is enough for most subjects. CC0/StockSnap/Pixabay Show Up Prepared Instead of using the night before the exam to cram, go over the material once or twice and get yourself ready for the next day. Pick out a comfortable outfit that's loose and easy to move around in. Pack your bag so that you have plenty of supplies, like pens, pencils, erasers, paper, snacks, water, earbuds and whatever else you need for the exam. Waking up prepared to hit the ground running takes away some of the stress and anxiety of taking the test. CC0/weinstock/Pixabay Get Plenty of Sleep You're less likely to pass your exams when you're running on little to no sleep. That's why waiting until the last minute and pulling an all-nighter is a terrible idea. Make sure you get a full night of quality sleep so that your mind is well-rested when the exam begins. Don't try to substitute energy drinks or coffee for a good eight to nine hours of rest. CC0/Wokandapix/Pixabay Take Your Time Your exam is probably timed, but don't rush to beat the clock. Keep the time in the back of your mind, but don't panic if you take some extra time on a question. Also, don't rush out the door if you finish early. Take some time to look over your answers or check your work. Consider wearing a watch on exam day (especially considering you probably can't access your phone) to help you stay on top of the time. CC0/Free-Photos/Pixabay MORE FROM QUESTIONSANSWERED.NET If you are looking to purchase online videos, online courses or to access previously purchased digital products please press continue. Human Kinetics print books and eBooks are now distributed by Mare Nostrum, throughout the UK, Europe, Africa and Middle East, delivered to you from their warehouse. Please visit our new UK website to purchase Human Kinetics printed or eBooks. You stumbled across this blog because you're interested in the ACE certification, but you feel like you should do a little research first. Getting a nationally-accredited personal training certification is a big commitment, in terms of both time and energy, so we agree that research is the right move here before purchasing the study materials and registering for the exam. Here are 5 things you should know about ACE certification:1. What ACE Stands ForWe don't just mean that you should know what the acronym stands for, although that's also important. (It's "American Council on Exercise," by the way.) We think you should know what the ACE stands for as a nonprofit organization. The number one mission of the ACE organization is "to get people moving." But that's not all the ACE stands for: They hope to decrease the number of diseases related to sedentary lifestyles by 2035 by education personal trainers and "health enthusiasts."The ACE organization also lists the following as their core values:Honesty & IntegrityIngenuity & PassionCollaboration & ConnectionAccess & InclusivenessContinuous Learning & DevelopmentIf you feel that these values and goals align with your personal vision for the future, then maybe an ACE certification is right for you!2. The ACE Certification PrerequisitesBefore taking the ACE certification exam or even purchasing the studying materials, it's important to know if you're eligible for this certification at all. In other words, have you met the prerequisites?The requirements you have to meet before getting ACE certified are:Being 18 years old or olderHaving a high school diploma or GED equivalentBeing CPR/AED certifiedHaving a government-issued IDIf you're not 18 yet but will be soon, or you're on your way to a high school diploma but don't have it yet, then you're not ready to register for the ACE certification exam. However, you could study for the exam until you're eligible to be ACE certified. It could make for a smooth transition!3. The ACE Certification Exam Format & ContentsTo make a passing grade on the ACE certification exam, you have to study — and study the right materials. In a similar fashion to the SATs and ACTs, you'll need to know the format of the exam as well as the subject matter of the exam.ACE Exam FormatYou'll be given three hours to complete the exam, which is comprised of multiple-choice questions. There are 125 "scored" questions and 25 "experimental" ones. The exam is given on a computer-based format.The ACE certification exam is graded on a scale of 200 to 800, where 500 is a passing score. Don't worry if you don't pass the first time! You can retake it for just \$199, no matter which ACE certification you're trying to get (unless you're taking the exam internationally, in which case, it'll be \$299).ACE Exam ContentsThe contents for the exams are updated every five to seven years to make sure the fitness professionals are getting the most relevant information in their field. Each ACE certification exam has its own study guide, in which "domains" and "task assessments" are lined out. You can download these study guides for free on the ACE website.4. What You'll Learn by Getting the ACE CertificationThis one may seem like a no-brainer, which is exactly why we felt inclined to include it. When you do something that puts demands on both your time and your energy, you're going to learn more than what's in the textbook. You'll learn about your discipline level, your mental endurance, the strength of your own tenacity, and more.The ACE personal training textbook itself will go over the integrated fitness training model, which will teach you how to adjust postures and exercises to meet your clients' individual needs. (We're a big fan of this.) The textbook breaks down the integrated fitness training model into four phases.The four phases of the Integrated Fitness Training Model:Stability, Mobility & Aerobic TrainingMovement & Aerobic TrainingStrength & Endurance TrainingPerformance & Power Training5. What You Can Do With an ACE CertificationBefore getting an ACE certification, you want to make sure that this will propel you into the career you're envisioning. An ACE certification can prime you for specialized fitness careers, depending on the certification you receive through the program.ACE has four different education avenues:Personal TrainerGroup Fitness InstructorHealth CoachMedical Exercise SpecialistThe personal training certification empowers you to do freelance fitness training or full-time training with a gym. The group fitness certification can make you a prime candidate for gyms that offer group classes or specialized workout facilities. The health coach certification can present you as an authority in the health and fitness community, giving you the credentials to write your professional opinion and findings from your experience. The medical exercise specialist is for those who are interested in integrated exercise with medicine. (This certification could complement another medical certification.)Special Strong Certification: ACE-Accredited, NASM-AccreditedAnother way to launch yourself into your new career as a personal trainer is to differentiate yourself with a specialization. Strong Education offers special needs personal training certification courses at an affordable rate. You simply sign up for the online course, take it at your leisure, then take the final exam at the end of the course, and you're automatically presented with a certificate. Similar to the ACE certification program...We have four training courses to choose from:Special Strong Private Training Certification – Level 1Special Strong Private Training Certification – Level 2Group Fitness Instructor for Special Needs CertificationSpecial Strong Adapted Video LibraryWhether you're interested in becoming a personal trainer, a group fitness instructor, or a health coach, a specialization in special needs can help you reach more clients and serve the ACE mission "to get people moving." Sign up today!Strong Education teaches personal trainers and service providers on how to adapt fitness and nutrition for children, adolescents, and adults with autism, Down Syndrome, and other disabilities through our online adaptive special needs certification course.

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