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Chapter 1 vocabulary flash cards

☐This session, which is based on Chapter 7 of the ACE Personal Trainer Manual(4thed.), explains the importance of various functional assessments and outlines how to properly perform each. ☐After completing this session, you will have a better understanding of: -How to set up a plumb line to conduct a basic postural assessment.

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The point at which a candidate for the ACE Personal Trainer Certification (or any other

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How to Study and Pass The ACE Personal Trainer Test - Joe ...

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And like previous editions of this manual, this Fourth Edition of the ACE Personal Trainer Manual was written based on feedback from individuals who are active in the fitness world—practicing personal trainers, university professors, and industry experts—who worked together to create the Exam Content Outline (see Appendix B).

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Resource for ...

A personal trainer can be viewed as a coach working with an athlete to achieve set goals. ... This entry was posted in ACE PT Manual, CH2 and tagged ACE, behaviors, exercise adherence, locus of control, Motivation, person trainer, self-efficacy, SMART Guidelines, social support.

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