

## *American Council Exercise Study Guide*

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At the American Council on Exercise, our mission is to get people moving. We believe in the power of movement to bring families, communities and coworkers together. We believe that even a little movement every day can play a big role in turning the tide on physical-inactivity related diseases such as heart disease and diabetes.

### **ACE | Certified Personal Trainer | ACE Personal Trainer**

Study Guide and Preparation Tips For The American Council Of Exercise Group Fitness Instructor Test: A Complete American Council Of Exercise Group Fitness Instructor study guide that includes sample questions, test tips and a complete study plan prepared by a team of expert and dedicated researchers.

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There are a few organizations that offer certification in the field of personal training. The American Council on Exercise, the American College of Sports Medicine and the National Strength and Conditioning Association are three such organizations. To learn more about certification as a personal trainer, see Tests.com's Personal Trainer Test Guide.

### **Personal Trainer Tests - Tests.com Practice Tests**

American Council on Exercise. from: \$4.44. Essentials of Exercise Science for Fitness Professionals by American Council on Exercise; Format: Paperback; Publisher: American Council on Exercise ... Master the Manual, A Study Guide to Accompany, 2nd edition. American Council on Exercise. from: N/A.

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