

## *Ace Personal Trainer Manual Chapter 10*

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### **ACE Personal Trainer Manual Chapter 1, PT2, pg7-11**

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Based on Chapter 1 of the ACE Personal Trainer Manual, 4th ed., this session introduces the role of the ACE-certified Personal Trainer within the healthcare community and provides guidelines for staying within the defined scope of practice. After completing this session, you will have a better understanding of:

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Sit back, turn on our Audio Lectures, and highlight the sections we recommend. We have created Audio Lectures for every chapter of the ACE Personal Trainer Manual (5th Edition) that will help you become the most confident trainer and test taker possible. Need a further description? Call us and we will be always available to answer any questions.

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ACE Personal Trainer Manual, 4 th ed., introduces the ACE Integrated Fitness Training (ACE IFT TM) Model. After completing this session, you will have a better understanding of: - The health—fitness—performance continuum - How rapport and behavioral strategies fit within the ACE IFT Model

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## Ace Personal Trainer Manual Chapter 10

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