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professional personal trainer certification pdf

The ACE Personal Trainer Manual, Fourth Edition, is not only an excellent study tool for the ACE certification exam, but also a valuable reference filled with practical tools and resources that you will utilize throughout your career.

ACE Personal Trainer Manual

The ACE Personal Trainer Certification is designed for health and fitness professionals providing one-on-one or small-group fitness instruction to individuals who are apparently healthy or have medical clearance to exercise.

Certification Candidate Handbook 2018

Certificate of Course Completion: Upon completion of the program and meeting the attendance requirements (participant may miss only two lectures and one lab class), participants receive a certificate of completion in course work from Hofstra University Continuing Education and the Academy of Applied Personal Training Education.

Personal Training Certification Program | Hofstra

NETA Personal Trainer Certification Study Guide (August 2017) 2 NETA Personal Trainer Certification Study Guide for: The Fitness Professionals Manual, 5th edition (2018) Chapter 1 “The Role of the Fitness Professional What you should know: The role of a personal trainer Ideal qualities and characteristics

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The NASM Certified Personal Trainer Certification and Specializations are developed with NASM’s exclusive Optimum Performance Training (OPT[®]) model, one of the industry’s first comprehensive training system based on scientific, evidence-based research.

Certified Personal Trainer (CPT) - NASM

A Personal Training Certification from ASFA[®] can help the experienced fitness professional expand their career through: Proven commitment to personal fitness training and the fitness industry Enhanced ability to design tailored, effective training regimens for a wide variety of clients

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