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12 Oct 2014 — Learning Objectives • This session, which is based on Chapter 7 of the ACE Personal Trainer Manual (4th ed.), 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 ...

ACE Personal Trainer Manual, 4th edition Chapter 14

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chapter 1 - role and scope of practice for the personal trainer

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ACE - Personal Trainer University Curriculum - Lab Manual ...

This document outlines lab activities from the American Council on Exercise (ACE) Personal Trainer University curriculum lab manual. The activities are designed to provide hands-on practice for personal trainers. The first activity involves completing a personality assessment and having others assess your personality.

ACE Personal Trainer Manual: Fitness Professionals ...

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