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□ 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.

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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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The point at which a candidate for the ACE Personal Trainer Certification (or any other ACE certification) agrees to uphold the ACE Code of Ethics While registering for an ACE certification exam ACE-certified Personal Trainers must complete a minimum of 20 hours of continuing education every two years to maintain their certifications.

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