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To ensure the ACE Personal Trainer Certification stays relevant and current, ACE conducts a role delineation study (RDS) every five years to update the composition and focus of the ACE Personal Trainer Certification program and exams.

Exam Content Outline

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For complete practice, check out the ACE Practice Exam Kit with 750 questions and fully explained answers. It was coauthored by health and fitness writers Christy Hamilton and Susan Hill, who have both been ACE Certified Personal Trainers. Grade Answers as You Go View 1 Question at a Time Client Interviews and Assessments

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