

# Stone Hague's Fitness Accreditation

## \*The American Council on Exercise



### Who we are

The American Council on Exercise is the largest nonprofit fitness certification and education provider in the world. Widely recognized as "America's Authority on Fitness®," ACE® continually sets standards and protects the public against unqualified fitness professionals and unsafe or ineffective fitness products, programs and trends.

### Setting professional standards

Since its founding in 1985, ACE® has certified more than 200,000 health and fitness professionals in the United States and 77 other countries. [ACE certification exams](#) are standardized, broad-based tests of the knowledge necessary to safely and effectively instruct one on one, lead group exercise, and consult on lifestyle and weight-management issues. ACE® also offers a clinical exercise specialist certification for fitness professionals who work with clients who have recently recovered from injury or illness.

In 2003, the American Council on Exercise® was granted accreditation for all of its certification programs by the National Commission for Certifying Agencies (NCCA). ACE is one of a few select certifying organizations in the entire fitness industry whose programs have been accredited.

NCCA is the accreditation body of the National Organization for Competency Assurance (NOCA). The NCCA accreditation serves as a benchmark on how organizations should conduct certification. There are more than 300 fitness certification programs available to the public. The NCCA accreditation clearly distinguishes the excellence and value of

ACE® certification and clearly discriminates between qualified and unqualified fitness professionals.

ACE®-certified Professionals are the most sought after and respected fitness instructors in the world. Known for their inspiration, dedication and knowledge, they train and educate their clients on safe and effective exercise techniques and motivate them to achieve healthier lifestyles.

Through the ACE Academy™, ACE-certified Professionals plan for and maintain their certification through exam preparation, practical training and continuing education. The Academy offers opportunities for fitness professionals to enhance their credentials at all levels.

Ace personal training certifications programs cover:

- How to obtain health/medical information;
- How to assess client expectations, preferences, motivation and readiness;
- How to obtain a detailed lifestyle and exercise history;
- How to conduct appropriate baseline measures;
- Interpret the results of client assessment;
- Establish client-specific goals and objective measures;
- Determine appropriate fitness parameters;
- Address health risk factors;
- Teach safe and effective exercise technique;
- Teach strategies that promote physical activity;
- Make appropriate modifications;
- Promote exercise adherence;
- Exercise physiology;
- Kinesiology and elementary biomechanics;
- Anatomy;
- Motor learning/control;
- Nutrition and healthy eating;
- Substance use and abuse;
- Weight management;
- Stress management;
- Basic behavioral sciences;
- Emergency policy, plan and procedure;
- Scope of practice;
- Legal responsibilities;
- Ethical responsibilities;
- Fair business practices.