WHY ACE?
The American Council on Exercise (ACE) is a leading non-profit exercise professional and health coach certification organization. As a family, ACE has more than 73,000 certified professionals who hold more than 83,000 ACE certifications. ACE sets the highest industry standards, elevate the careers of professionals and help people worldwide get them moving which is their mission and motto. By offering NCQA-accredited certifications, continuing education, and access to science-based health and fitness information, ACE is in mission to get people moving—so everybody has the resources they need to lead active, healthy lives.

WHY ACE FROM FITNESS MATTERS?
Fitness Matters is one of the few educational partner with ACE in India. We achieved this credential from years of hard work and standards which meet ACE's robust criteria to approve education providers overseas. Some of the salient features which makes us unique in India are:

- Pre course screenings
- Appropriate batch sizes
- Dedicated infrastructure
- Best faculties
- Timely communication
- Study material from USA
- Weekend and regular batches
- Periodic evaluations
- Pre exam evaluation
- Best results in the country
- Continued education with workshops & seminar
- Excellent placement record

ACE CERTIFIED PERSONAL TRAINER

- Duration: 3 months, 100-120 hrs. Every Saturday and Sunday
- Teacing Format: Theory & Practicals
- Theory Exam Language: English & Hindi
- Exam Format: MCQ Online

CONTENT
- First Interaction with ACE IFT Model (Integrated Fitness Training Model)
- Initial Impressive Screening Guidelines
- Anthropometric Assessments
- Assessments for Functional Training
- Physiological and Performance Related Assessment
- Human Anatomy and Bio mechanics
- Bioenergetics and their Application
- Nutrition Guidelines for Individual Goals
- Programming and Progression Guidelines for Functional Fitness & Balance Training
- Programming and Progression Guidelines for Weight Management
- Programming and Progression Guidelines for Cardiorespiratory Training
- Programming and Progression Guidelines for Weight (Resistance) Training
- Programming and Progression Guidelines for Performance Based Training for Body building and other Sports
- Programming Guidelines for Flexibility Training
- Programming Guidelines for Special Population like High BP, Diabetes, Cervical etc.
- Musculoskeletal Injuries their Prevention Strategies and CPR/Training
- Introduction to Mind Body Exercises like Yoga, TaiChi and more...
- Building Strong Rapport with Clients
- Better Understanding of Health Psychology
- Application of Adherence and Motivational Skills

ACE NUTRITION SPECIALIST PROGRAM

- Duration: 3 months, 72-80 hrs. Every Saturday and Sunday
- Teaching Format: Theory
- Theory Exam Language: English
- Exam Format: MCQ Online

CONTENT
- Carbs, Proteins and Fats Their Structure, Storage, Digestion and Absorption
- Vitamins and Minerals, Digestion and Absorption
- Energy Systems and Their Bioenergetics
- Body Composition Assessment, Weight Management and Energy Balance
- RDA, EAR and UL Levels for Macronutrients
- Dietary Guidelines, Myplate and Super tracker
- Carbohydrates and Sports Nutrition, Carbohydrate Loading, Recommendations, Quality and Athletic Performance
- Role of Fats in Weight Management and Athletic Performance
- Proteins and Sports Nutrition, Proteins for Vegetarians, Benefits and Risk of a High Protein Diet
- Weight Loss and Health Supplements, Ergogenic Aids and Banned Substances and Doping
- Fueling Pre, Intra and Post Exercise
- Hydration and It's Application in Sports, Water Absorption, Water and Thermoregulation
- Environmental Factors that Affect Water Regulation
- Nutrition for Special Population and Athletes with Chronic Diseases Like GERD and Crohns
- Engineered Foods, Alcohol, Drugs and Stimulants
- Foodborne Illnesses, Food Labels, Food Safety and Selection
- Food Allergies and Treatments, Insight on Haunting Eating Disorders
- Cultural Consideration Pertaining to Diets, Eating Healthy When Eating Out

FREQUENTLY ASKED QUESTIONS?

Are these courses valid worldwide?
Yes these are international courses and valid in every continent.

What are the pre-requisites to do ACE courses?
You must be 18 years of age and 12th Pass for ACE-CPT. For ongoing ACE courses please ask for the required website link.

Can I opt for more than one course at the same time?
Yes, please ask for best options from counsellors.

Can I opt for correspondence course?
Yes, you can opt for home study program as well.

Is there any discount in the course fee?
Yes, we do have discount policy which is based on seats. For further details kindly contact in the office.

Can I pay the fee in instalments?
Yes, please ask for the instalment options.

What is the validity of the registration fees paid by me?
The fees paid is valid for 1 year from the start date of the batch.

Will there be practical learning in ACE CPT?
Yes, the practicals are conducted as per topics like fitness assessments, exercises etc.

Where will the exams be conducted?
Exams are conducted at approved ACE centres in major cities of India and the world.

How many marks are required to pass the exam?
You are required to score 500/800 to pass the exam. Is there any validity of ACE Certifications?
Yes, ACE certifications are valid for 2 years. You can renew them with continued education without appearing for re-exam.

Will I get job placement after completing the course?
Yes, we do provide job placement assistance.

How much income can I earn after completing the course?
As an ACE certified personal trainer you have potential to earn in hard income of INR 20,000 to start with. Well experienced trainer earn 10 times more than freshers.