5 Secrets to Passing your ACE Certified Personal Trainer Exam

1. Knowing postural imbalances and understanding the many Postural Assessments will prepare you for over 8 questions on the ACE Exam. Think of the 3 main Postural Distortion Patterns of rounded shoulders forward head, anteriorly rotated pelvis and foot/ankle pronation. What muscles are overactive? What muscles are underactive?

2. Focus on Chapter 7. A huge chunk of test questions are taken from this chapter, and rightfully so as it emphasizes understanding how to assess new clients for functional movement. If you want to know which assessments show up on the exam check out our Audio Lectures as we go over the important ones in detail.

3. DONT STRESS THE MUSCLE ACTIONS! It is extremely important to know what muscles perform what joint movements for the real world, but it turns out only 3 questions come up on the test. Spend your study hours elsewhere in the book, like the muscle imbalance chart. But, know what the Recturs Femoris does, winky smiley.

4. DON'T STRESS ABOUT CHAPTERS 12 & 13! Tons of information crammed into those chapters, but it turns out only a few test questions use information from those chapters.

5. This Chart will help you with over 6 questions on the test!

Positive Risk Factors for CVD	Defining Criteria
Family History	Myocardial infarction, coronary revascularization, or sudden death before 55 years of age in father or other male first-degree relative, or before 65 years of age in mother or other female first-degree relative
Cigarettes	Current cigarette smoker or those who quit within the previous 6 months or exposure to environmental tobacco smoke
Sedentary	Not participating in at least 30 minutes of moderate intensity (40% to 60% VO2) physical activity on at least 3 days of the week for at least 3 months
Obesity	Body mass index: ≥30 kg × m^2– or –Waist girth: >102 cm (40 inches) for men >88 cm (35 inches) for women
Hypertension	Systolic blood pressure ≥140 mm Hg and/or diastolic ≥90 mm Hg, confirmed by measurements on at least two separate occasions, or on antihypertensive medication
Prediabetes	Impaired fasting glucose (IFG) = fasting plasma glucose ≥100 mg × dL-1 (5.50 mmol × L-1) – or –Impaired glucose tolerance (IGT) = 2-hour values in oral glucose tolerance test (OGTT) ≥140 mg × dL-1 (7.70 mmol × L-1) but <200 mg × dL-1 (11.00 mmol × L-1) confirmed by measurements on at least two separate occasions
Dyslipidemia	Low-density lipoprotein (LDL-C) cholesterol ≥130 mg × dL-1 (3.37 mmol × L-1) – or –High-density lipoprotein (HDL-C) cholesterol <40 mg × dL-1 (1.04 mmol × L-1) – or –On lipid-lowering medicationIf total serum cholesterol is all that is available, use ≥200 mg × dL-1 (5.18 mmol × L-1)

Be sure to check out our free samples of our Audio Lectures, Practice Tests and Study Guide as they can make your studying much easier and fun!