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## **Ace Personal Trainer Master The**

James Thayer, MS is an ACE Master Trainer and ACE Certified Personal Trainer. James is the Assistant Director of Fitness and Wellness at Washburn University in Topeka, KS. He has trained personal trainers, provided educational training for fitness staff,

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and organized fitness and wellness events and services for universities.

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ACE Personal Trainer, Master the Manual: A Study Guide to Accompany the Ace Personal Trainer Manual Spiral-bound - January 1, 1900 by Richard J. Seibert (Author)

## **ACE Personal Trainer, Master the Manual: A Study Guide to ...**

For ACE master trainer Julia Valentour, the role of master trainer has added great value to her professional resume, enabling her to explore additional career paths. "Being a master trainer helped me to get in the door to teach at a small college," explains Valentour.

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TODD GALATI, M.A., is the director of credentialing for the American Council on Exercise. He holds a bachelor's degree in athletic training, a master's degree in kinesiology, and four ACE certifications (Advanced Health & Fitness Specialist, Personal Trainer, Health Coach, and Group Fitness Instructor).

## **PART I INTRODUCTION - ACE | Certified Personal Trainer**

If you can't remember the email address connected to your account or you need additional help, give our team a call at (888) 825-3636, ext. 782 or email [support@ACEfitness.org](mailto:support@ACEfitness.org). You can also Live Chat with one of our experts.

## **Asset 19 - Certified Personal Trainer | ACE Personal Trainer**

The simple truth is the label master personal trainer is unregulated. There is no formal definition. That's why I often call it the fitness equivalent of a bag of magic beans! To put things in perspective, I have a Masters degree - in exercise science.

## **What Is A Master Personal Trainer? - Joe Cannon, MS**

ACE Personal Trainer: Master the Manual Chapter 1, 4th edition. STUDY. PLAY. I. List the eight research findings regarding physical activity and its associated health benefits included in the 2008 Physical Activity Guidelines for Americans. (a) Regular physical activity reduces the risk of many adverse health outcomes.

## **ACE Personal Trainer: Master the Manual Chapter 1, 4th**

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Charlie is a graduate of FPTI's Personal Training Master Course and is a certified personal trainer through the American Council on Exercise. He believes in the importance of evidence-based

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training and the value of a scientific approach to program  
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