

ACE Group Fitness Instructor Exam Prep



A concise study guide that highlights the key concepts required to pass the American Council on Exercise (ACE) GFI Exam to become a certified Group Fitness Instructor.

- ✓ Includes 50 practice questions to further enhance knowledge and to have an idea of what the actual test will look like.
- ✓ Includes detailed explanations on how the practice question answers were obtained.
- ✓ Includes quick reference pages for Areas of Focus, Formulas, and Conversions.

Ace Group Fitness Exam Study Guide

Ace



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ACE Group Fitness Instructor Study Guide Trivium Test Prep, 2013-06-18 When it comes to the ACE Group Fitness Instructor exam you want to be prepared and you will be with our book designed to making studying fun and easy You don't want to waste time and money taking your ACE Group Fitness Instructor exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the ACE Group Fitness Instructor exam but realize too late when they get their score back that they were not ready at all They weren't incapable and they certainly did their best but they simply weren't studying the right way There are a variety of methods to prepare for the ACE Group Fitness Instructor test and they get a variety of results Trivium Test Prep's ACE Group Fitness Instructor Study Guide provides the information secrets and confidence needed to get you the score you need the first time around Losing points on the ACE Group Fitness Instructor test can cost you precious time money and effort that you shouldn't have to spend What is in the book In our ACE Group Fitness Instructor study guide you get the most comprehensive review of all tested concepts The subjects are easy to understand and have fully explained example questions to ensure that you master the material Best of all we show you how this information will be applied on the real exam ACE Group Fitness Instructor practice questions are included so that you can know without a doubt that you are prepared Our study guide is streamlined and concept driven not filled with excess junk silly attempts at humor or confusing filler so you get better results through more effective study time Why spend days or even weeks reading through meaningless junk trying to sort out the helpful information from the fluff We give you everything you need to know in a concise comprehensive and effective package Why trust Trivium Test Prep Our ACE Group Fitness Instructor study materials are created by industry and educational experts Other study guides simply tell you what is on the test not how that material is applied or more importantly HOW TO STUDY FOR IT Trivium study guides are different Our dedicated professionals know how people think and learn and have created the ACE Group Fitness Instructor study guide based on what research has shown to be the fastest easiest and most effective way to prepare for the exam Unlike other study guides that are stamped out in a generic fashion our ACE Group Fitness Instructor study guide is specifically tailored for your exact needs We refuse to pad a study guide as a means to convince people there is more information this is a devious trick used to make you think you are getting more when really it's all just wasting your time

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- The 5 Secret Keys to ACE Group Fitness Instructor Exam Success
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This study guide references the latest ACE Group Fitness Instructor Handbook presented in an easy to read format that helps to comprehend retain the information

This study guide is organized in the following three performance domains

- Domain I Class Planning and Design 32%
- Domain II Group Leadership and Instruction 49%
- Domain III Professional Conduct Safety and Risk Management 19%

Includes 50 practice questions to further enhance knowledge to have an idea of what the actual exam will look like

Includes detailed practice question answers with explanations on how the answers were obtained

Includes additional resources that help to retain the required information for the exam

Includes Performance Domain breakdown by chapters in the ACE Group Fitness Instructor Handbook

Ace Group Fitness Instructor Manual: A Guide for Fitness Professional

Ace, 2011

Written and reviewed by top experts in a variety of fields from exercise physiology and health psychology to business and law

this text is unlike any other resource for group fitness instructors

When coupled with ACE's essentials of exercise science for fitness professionals the ACE group fitness instructor manual provides foundational knowledge required to pass the ACE certification exam and teach in almost any group setting

Group fitness instruction has expanded well beyond the traditional aerobics classes of years past but whether you teach step training Pilates yoga or any of the other constantly emerging and evolving class types

this third edition of the ACE group fitness instructor manual is not only an excellent study tool as you prepare for the ACE exam but also a valuable resource that you will refer to for years to come

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Flashcard Study System for the Ace Group Fitness Instructor Exam Mometrix Media Llc, 2010

ACE Group Fitness Instructor American Council on Exercise, Richard J. Seibert, 2007 A study guide designed to accompany the ACE Group Fitness Instructor Manual 2nd ed by providing objectives and vocabulary to help the reader focus on the corresponding chapter in the manual exercises your ability to apply what you have learned to real life situations The application of this knowledge will support the reader's teaching group exercise and preparing for the examination p iv This workbook emphasizes learning and retention

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Ultimate Fitness Gina Kolata, 2004-05 People who love exercise as much as they value truth will adore Kolata's fascinating journey into the fads fictions and genuine innovations that have defined the world of physical fitness

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