

ACE Certification & Education Plan for MyCAA: Group Fitness Instructor Track

Program Overview

The American Council on Exercise® (ACE®) Group Fitness Instructor Certification is designed for fitness professionals teaching any form of exercise in a group setting. Passing the ACE Group Fitness Instructor Certification Exam demonstrates you possess the foundation of knowledge and skills necessary to teach a safe and effective group fitness class, no matter what type of modality. You also bring your personal passion and enthusiasm for group exercise to everyone you help in their quest to reach their personal health and fitness goals.

Note: If pursuing multiple certifications in order to broaden the scope of your training practice, please upload the appropriate Education Plan sheet for each certification.

Eligibility

- You must be at least 18 years of age
- You must hold a current CPR and AED certificate at the time of registering for the exam

Preparing for the Certification Exam

ACE recommends the following self-study course that you can take at your own pace and in the comfort of your own home. Candidates have 6 months to complete the study process and register for the exam.

Course Name	Course Number	Course Duration	Course Cost
Group Fitness Instructor Certification Self-Study Course	GFI-PREMIER-KIT	6 months	\$499.95

The Group Fitness Instructor Home-Study Course is the best approach to gain the proper Knowledge and Skills to pass the ACE Group Fitness Instructor Certification exam. Passing the exam demonstrates the competence of the candidate to engage the public in the practice of Group Fitness Instruction.

A role delineation study for the Group Fitness Instructor identifies four major categories of responsibility for the professional. These are called Performance Domains and are:

- **Domain I – Exercise Programming and Class Design**
- **Domain II – Group Instructional Methods**
- **Domain III – Group Leadership and Class Management**
- **Domain IV: Professional Responsibilities.**

The Instructor in performing her job draws upon the knowledge from three foundational sciences called Content Domains, and they are:

- **Anatomy and Biomechanics**
- **Physiology of Exercise**
- **Nutrition**

The Group Fitness Instructor Certification Home-Study Course delivers the content of the two types of domains into seven main topics that build upon themselves in a logical transition. A Study Coach program delivers a structured approach for utilizing all course materials and tools, and can be modified to fit most schedules.

- **Essentials of exercise science, including anatomy, kinesiology, exercise physiology, and nutrition.**
- **Role and scope of practice for the Group Fitness Instructor.**
- **Group exercise program design, pre-class preparation, teaching a group exercise class, participant monitoring, and evaluation.**
- **Principles of adherence and motivation.**
- **Special Exercise Programming Topics: Special populations and pregnancy exercise.**
- **Injury Prevention and First Aid: Common musculoskeletal injuries and prevention, as well as standard emergency procedures.**
- **Legal and professional responsibilities and the business of group fitness.**

For information about post certification coursework provided by ACE, designed to assist the professional with specialization, and to satisfy the requirements of recertification every two years, please download and review the Personal Trainer Continuing Education document as a supplement to your Personal Trainer Educational plan.

