

ACE Certification & Education Plan for MyCAA: ACE Health Coach Track

Program Overview

The American Council on Exercise® (ACE®) Health Coach Certification demonstrates to your clients that you have the knowledge to develop sound, balanced weight-management programs that bring together the three critical components of long-term weight management success: nutrition, exercise, and lifestyle change.

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

To pursue an ACE Health Coach Certification, you must:

- Be 18 years old
- Have a current government-issued ID with photo and signature
- Hold a current adult CPR/AED certificate prior to registering for the exam
- Submit supporting documentation for one of the following:
 - An NCCA-accredited certification in fitness, nutrition, health care, wellness, human resources or a related field
 - An associate's degree or higher from an accredited college or university in fitness, exercise science, nutrition, health care, wellness, human resources or a related field, or comparable work experience in any of these specified industries

Preparing for the Certification Exam

The first step to getting certified is purchasing your study materials. ACE recommends the following self-study course that you can take at your own pace and in the comfort of your own home. The average time to prepare for the exam is 3-6 months.

Product/Course Name	Course Number	Course Hours	Course Cost
Health Coach Certification Self-Study Course	KIT-PREMIUM-HC	6 months	\$599.00

The ACE Health Coach Home-Study Course is the best approach to gain the proper Knowledge and Skills to pass the ACE Health Coach Trainer Certification exam. Passing the exam demonstrates the competency of the candidate to engage the segment of the population that is overweight or obese, in the practice of long term weight loss strategy through fitness training and lifestyle change.

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

- **Domain I – Building Rapport and Facilitating Behavior Change**
- **Domain II - Program Design and Implementation**
- **Domain III - Program Progression and Adjustments**
- **Domain IV: Professional Conduct and Competency**

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

- **Anatomy and Biomechanics**
- **Physiology**
- **Nutrition**
- **Psychology**

The ACE Health Coach 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.

- **Exercise Science: Anatomy, fundamentals of applied kinesiology, and exercise physiology.**
- **Behavioral Science: Health and behavior psychology, communication, counseling, and group dynamics.**
- **Nutritional Science: Basic nutrition and digestion, application of nutrition, correct concepts in weight management.**
- **Screening, Assessment, and Referral: Screening and assessment, body-composition assessment, and referral.**
- **Program Design and Implementation: Weight- management programming, exercise programming, nutritional programming, lifestyle modification and behavior change, adherence to physical activity and weight-loss behaviors.**
- **Special Considerations: Physiology of obesity, and exercise for individuals with medical or health limitations.**
- **Legal, Professional, and Ethical Responsibilities.**

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.