

# American Council on Exercise (ACE)

The American Council on Exercise administers their exams with a paper format limited to outside the US only. The ACE web site is <http://www.acefitness.org/>.

DANTES TCOs OCONUS may administer ACE exams. Within CONUS, TCOs can refer prospective candidates to the ACE website (<http://www.acefitness.org/>) for the nearest computerized testing location. ACE offers a certification examination for Group Fitness Instructors, Personal Trainers, Lifestyle & Weight Management Consultant, Advanced Health & Fitness Specialist, and IAFF & IAFC Peer Fitness Trainer. All four examinations consist of 150 multiple-choice questions; candidates are given a three-hour timeframe to complete their exams. Please refer to <http://www.castleworldwide.com>.

<u>Type of Certification</u>	<u>Exam Dates</u>	<u>Registration Dates</u>	<u>Fee</u>	<u>DEPH Chapter</u>
<b><u>Written Exams:</u></b>				
Group Fitness Instructors	Feb 10/May 10/Aug 10/Nov 10	60 days prior to exam	\$200	TBA
Personal Trainers	Feb 10/May 10/Aug 10/Nov 10		\$219	
Lifestyle & Weight Management Consultant	Feb 10/May 10/Aug 10/Nov 10		\$219	
Advanced Health & Fitness Specialist	Feb 10/May 10/Aug 10/Nov 10		\$219	

**Computer Exams** are held at least four times a year. Online & fax registration deadline – 30 days prior to exam. Mail in registration deadline – 45 days prior to exam to: ACE Exam Registration 4851 Paramount Drive, San Diego, CA 92123, Fax: 858-279-8064. [http://www.acefitness.org/getcertified/pdfs/cert\\_form.pdf](http://www.acefitness.org/getcertified/pdfs/cert_form.pdf)  
The exam fee for the computer exam is \$249.

**Prerequisites: Candidates must be 18 years of age and possess a valid adult CPR certification.**