



SUPERFITNESS SCHOOLS

ACE PERSONAL TRAINER

6th Edition — Structured Study Syllabus

For SFS Trainer Education & Examination Preparation

Chapter-wise syllabus • Exam focus • Practical application • Study roadmap

Reference: ACE Personal Trainer Manual, 6th Edition
Use with: The current official ACE Exam Content Outline

1. ACE EXAM BLUEPRINT

Domain	Weight	Core focus
I. Client Interviews & Assessments	31%	Health history, screening, assessments, interpretation
II. Program Design & Implementation	33%	Exercise science, program design, implementation
III. Progression & Modifications	19%	Progression, regression, modification and monitoring
IV. Professional Conduct, Safety & Risk Management	17%	Scope, safety, ethics, risk and professional practice

2. CHAPTER-BY-CHAPTER SYLLABUS

Chapter 1: Role and Scope of Practice for Personal Trainers

Core topics: Role of the personal trainer; scope and professional boundaries; evidence-based practice; allied-health collaboration; professional responsibilities.

SFS exam/practical focus: Know what a trainer can/cannot do and when referral is appropriate.

Chapter 2: The ACE Integrated Fitness Training (IFT) Model

Core topics: ACE IFT framework; functional movement; cardiorespiratory progression; muscular training progression; client goals and training phases.

SFS exam/practical focus: Understand and apply the IFT framework to client scenarios.

Chapter 3: Basics of Behavior Change

Core topics: Readiness; motivation; adherence; self-efficacy; autonomy; behavior-change strategies; barriers.

SFS exam/practical focus: Choose appropriate behavior-change strategies for client readiness.

Chapter 4: Effective Communication, Goal Setting, and Teaching Techniques

Core topics: Rapport; active listening; open-ended questions; SMART goals; cueing; feedback; motivational interviewing principles.

SFS exam/practical focus: Coach conversations, goal setting and effective instruction.

Chapter 5: Preparticipation Health Screening

Core topics: Health history; PAR-Q concepts; risk factors; medical clearance; contraindications; warning signs.

SFS exam/practical focus: Screen safely and determine when to modify, stop or refer.

Chapter 6: Nutrition for Health and Fitness

Core topics: Macronutrients; micronutrients; energy balance; hydration; exercise nutrition basics; weight management; trainer nutrition scope.

SFS exam/practical focus: Apply basic nutrition concepts while staying within scope.

Chapter 7: Resting Assessments and Anthropometric Measurements

Core topics: Resting heart rate; blood pressure; height; weight; BMI; waist circumference; standardized procedures; limitations.

SFS exam/practical focus: Perform and interpret basic measurements safely.



Chapter 8: Cardiorespiratory Training: Physiology, Assessments, and Programming

Core topics: Physiology; adaptations; energy systems; assessments; intensity prescription; FITT; progression; monitoring.

SFS exam/practical focus: Build safe cardiorespiratory sessions and progress intensity appropriately.

Chapter 9: Muscular Training: Foundations and Benefits

Core topics: Resistance-training principles; adaptations; strength; endurance; hypertrophy; power; sets; reps; rest; exercise selection.

SFS exam/practical focus: Match resistance variables to client goals.

Chapter 10: Muscular Training: Assessments

Core topics: Movement observation; strength/endurance assessments; mobility/flexibility; posture; interpretation and safety.

SFS exam/practical focus: Select and interpret appropriate assessments.

Chapter 11: Integrated Exercise Programming: From Evidence to Practice

Core topics: Needs analysis; goals; exercise selection; warm-up/cool-down; resistance/cardio integration; FITT; periodization; monitoring.

SFS exam/practical focus: Build and justify an integrated program from assessment data.

Chapter 12: Considerations for Clients with Obesity

Core topics: Exercise considerations; adherence; cardiorespiratory/resistance programming; joint/load considerations; modification; referral.

SFS exam/practical focus: Adapt training safely and progressively.

Chapter 13: Considerations for Clients with Chronic Disease

Core topics: Cardiovascular/metabolic considerations; diabetes; hypertension; medications; clearance; referral; modification.

SFS exam/practical focus: Apply safety-first programming and recognize referral needs.

Chapter 14: Exercise Considerations Across the Lifespan

Core topics: Youth; older adults; pregnancy/postpartum considerations; age-related changes; exercise modification; progression.

SFS exam/practical focus: Adapt training for different life stages.

Chapter 15: Considerations for Clients with Musculoskeletal Issues

Core topics: Common conditions; pain; modification; mobility/stability; substitutions; red flags; referral.

SFS exam/practical focus: Recognize red flags and choose safe exercise modifications.

Chapter 16: Legal Guidelines and Business Considerations

Core topics: Scope; informed consent; documentation; risk management; liability; privacy; ethics; business; continuing education.

SFS exam/practical focus: Make safe, ethical and professional decisions.

3. HIGH-PRIORITY STUDY CHECKLIST

- Client screening, risk stratification and referral decisions
- ACE IFT Model and exercise progression
- Behavior change and motivational interviewing principles
- Communication, goal setting and coaching
- Blood pressure, heart rate, BMI and anthropometric assessment
- Energy systems and cardiorespiratory intensity methods
- FITT principles and cardiorespiratory progression
- Resistance-training variables: sets, reps, intensity, volume and rest
- Strength, endurance, hypertrophy and power programming
- Movement assessment and exercise selection
- Program design from client goals and assessment findings
- Exercise modification, regression and progression
- Special populations and chronic disease considerations
- Scope of practice, ethics, documentation and risk management
- Case-based decision making: select the safest appropriate trainer action

4. RECOMMENDED SFS STUDY SEQUENCE

Phase	Focus	Student output
1	Foundation	Ch. 1–6 notes + terminology
2	Assessment	Ch. 5, 7, 10 — assessment case studies
3	Programming	Ch. 2, 8, 9, 11 — sample programs
4	Special populations	Ch. 12–15 — modification case studies
5	Professional practice	Ch. 1 & 16 — scope/ethics scenarios
6	Exam preparation	Timed questions + weak-domain revision

5. STUDENT COMPETENCY TARGET

By completion, the student should be able to conduct a safe client intake, identify relevant risk factors, perform and interpret basic fitness assessments, communicate effectively, design an integrated exercise program, modify/progress exercises appropriately, work within scope of practice, and make safe professional decisions in realistic client scenarios.

Note: This document is an SFS study syllabus and does not reproduce the ACE textbook. The current official ACE Exam Content Outline should be treated as the authoritative examination blueprint.