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The ACE Advanced Health & Fitness Specialist (AHFS) works with special populations (e.g., disease, post-rehabilitation) in cooperation with other qualified healthcare professionals to enhance quality of life and manage health risk. ACE-certified Advanced Health & Fitness

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Specialists conduct appropriate health- and fitness-related assessments for members of special populations and develop and administer programs designed to enhance

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Fitness Specialist programs were created to help health and fitness professionals better serve special populations and healthcare providers complement their on-the-job expertise. Stand out among your peers with knowledge in areas such as

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ACE Medical Exercise Specialist
Certification is the evolution of the

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ACE Advanced Health and Fitness Specialist Certification, which launched in 2008. (Photo courtesy ACE.) The American Council on Exercise (ACE), San Diego, launched the ACE Medical Exercise Specialist Certification this month. The program, which ACE announced Wednesday, is

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accredited by the National
Commission for Certifying Agencies
(NCCA).

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ACE professionals work at gyms,
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Strength and Conditioning Specialist
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Sdn Bhd Okt 2007 - Kini 13 tahun 1 ...

Chloe Lai - ACE Advanced Health and
Fitness Specialist ...

*Bachelors Degree in Exercise

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*Advanced Health & Fitness Specialist

*Currently working fulltime as a
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Alaska Native Medical Center. Ace
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the restrictions of the apparently healthy category. Focuses on those diseases and injuries most frequently encountered among clients in health and fitness facilities, from diabetes and low-back pain to lipid disorders and post-orthopedic rehabilitation.

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ACSM offers their unique Inclusive Fitness Trainer, developed for working with populations that have long-term or chronic disabilities to make exercise accessible to them.

Specific Demographics. ACE, ISSA and

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NASM all offer certs in both youth and senior fitness. NSCA has a single one, Special Population Specialist, that covers all ages.

Types of Fitness Certifications:
Choosing The Best One For You
Sabrena Merrill, M.S., has been

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actively involved in the fitness industry since 1987. An ACE-certified Group Fitness Instructor and Personal Trainer, Merrill teaches group exercise, owns and operates her own personal training business, has managed fitness departments in commercial facilities, and lectured to

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In This Chapter

The ACE Medical Exercise Specialist Certification is designed for advanced health and fitness professionals providing in-depth preventive and post-rehabilitative fitness programming for individuals who are

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at risk for, or are recovering from, a variety of cardiovascular, pulmonary, metabolic, and musculoskeletal diseases and disorders, as well as apparently healthy clients in special population groups, including older adults, youth, and prenatal and postpartum women.

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Recertification Handbook

3,000 ACE Personal Trainers, Group Fitness Instructors, Health Coaches, and Advanced Health and Fitness Specialists worldwide responded. The data, collected by independent, third-party researchers found that part-time

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health and fitness professionals
reported significantly higher salaries
than were disclosed in a 2010 survey.

Salary Report

This information still applies to those
studying for the ACE Health Coach
and ACE Advanced Health and Fitness

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Specialist Certifications, but because these are advanced certifications, it's expected that you already have this base knowledge from your prior qualifications. We will cover the basics of the key macro- and micro-nutrients, how to best fuel the body before, during, and after exercise, as

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In 2003, ACE received accreditation

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by the National Commission for
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