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□ This session, which is based on Chapter 7 of the ACE Personal Trainer Manual(4thed.), explains the importance of various functional assessments and outlines how to properly perform

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each. After completing this session, you will have a better understanding of: -How to set up a plumb line to conduct a basic postural assessment.

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□ Based on Chapter 1 of the ACE Personal Trainer Manual, 4th ed., this session introduces the role of the ACE-certified Personal Trainer within the healthcare community and provides guidelines for staying within the defined scope of practice. □ After completing this session, you will have a better understanding of:

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~~Week 1 scope of practice~~
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manual, this Fourth Edition of the
ACE Personal Trainer Manual was
written based on feedback from
individuals who are active in the

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fitness world--practicing personal trainers, university professors, and industry experts--who worked together to create the Exam Content Outline (see Appendix B).

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