

Please return this form along with payment

Name: _____

Address: _____

City: _____

Province/State: _____

Postal/Zip code: _____

Phone: _____

Amount enclosed \$ _____

Space is limited.

The ACE Practical Training Program may be useful for:

- Novice personal trainers who are looking for practical experience.
- Experienced personal trainers who would like to sharpen their skills or require CEC's to renew their certification.
- Coaches or other fitness enthusiasts who are interested in proper technique, and gaining valuable practical experience.
- Applicants for the ACE personal trainer exam who are looking for a course that will help to apply some of the knowledge, which is helpful for some portions of the exam.

ACE APPROVED

**PRACTICAL TRAINING
PROGRAM FOR
PERSONAL TRAINERS**



**Be one of Canada's only personal
trainers to have an ACE
Practical Training Certificate**

September 28 – 29, 2002

Vancouver, BC

... Workshops coming to your area soon!

Practical Training. You'll Learn to Lead.

Are you long on education and short on practical experience? You may want to try the **ACE PRACTICAL TRAINING PROGRAM.**

Combined with your personal training certification, the training, leadership and practical skills acquired through ACE Practical Training present an appealing credential package to your current or potential employers.

When you're working one-on-one with a client, ACE has a Practical Training Program to help you learn the essential practical skills you need to teach safe and effective exercise.

Unique in the fitness profession, ACE Practical Training Programs do more than simply review basic skills. Instead, you'll receive hands-on training and valuable feedback.

Learn from a Master

Practical training sharpens your skills, makes you more comfortable in your role as an instructor and gives you more confidence in your teaching abilities. ACE Practical Training Programs are taught by experienced, fully qualified ACE Master Practical Trainers who provide in-depth training and immediate feedback on your instructional skills.

Each ACE Practical Training Program features 15 hours of practical instruction divided into five three-hour modules. The curriculum gives you the option of taking one course, or all five modules. Plus, completion of program modules earns you CEC's needed for certification renewal. Once an ACE certified personal trainer completes all 15 hours of the ACE Practical Training Program they are eligible to apply for an ACE Practical Training Certificate.

When:

Saturday Nov. 30, 2002

Modules (1-2):

1) Program Design
(10:00 am – 1:00 pm)

Lunch: 1:00 pm – 2:00 pm

2) Fitness Assessment

(2:00 pm – 5:00 pm)

Sunday Dec. 1, 2002:

Modules (3-5):

3) Flexibility training
(8:00 am – 11:00 am)

4) Lower-body Strength Training

(11:00 am – 2 pm)

Lunch: 2 pm – 2:30 pm

5) Upper-body Strength Training

(2:30 pm – 5:30 pm)

Continuing Education Credits (CEC's):

Earn 1.5 American Council on Exercise CEC's for the entire program or 0.3 CEC's for each module (CEC's are available for currently ACE-certified Professionals)

Earn 3.0 BCRPA Credits per module (15 BCRPA Credits for entire program)

Where:

Surrey, BC CANADA
(Exact location to be announced)

Register Now! Early Bird Special:

Registration received by Sept. 14, 2002:

\$45 for each module
\$175 for all 5 modules

Registration received after Sept. 14, 2002:

\$50 for each module
\$200 for all 5 modules

* plus G.S.T. (Sorry, no refunds available)

The course is presented by Tracy Warren.

Tracy has a Masters degree and has taught at UBC and he is a Certified Strength and Conditioning Specialist. He also has experience testing and training many professional and national level athletes from many sports and has written many articles for journals and magazines. Tracy Warren is recognized by the American Council on Exercise as a Master Practical Trainer. In fact, he is the only one in Canada.



MASTER PRACTICAL TRAINER

For further information or future class dates in your area please email: tracy_warren@telus.net