

Personal Fitness Trainer (ACE) Program

Program Duration: 6 months

Course Sequence	Suggested Study Schedule
Introduction to Exercise Science – Level I Anatomy and Kinesiology	Week 1 – 5
Introduction to Exercise Science – Level II Exercise Physiology	Week 6 – 10
Health Risk Profiles and Fitness Assessment Techniques	Week 11 – 15
Business Administration and Management Aspects for Personal Trainers	Week 16 – 20
Designing Exercise Prescriptions for Normal/Special Populations	Week 21 - 26
Elective: Optional Field Internship in Personal Training	

- The above schedule is provided as a generic guideline to help students manage their study pace efficiently towards on time completion.
- Students who are able to finish courses in a faster pace are allowed and encouraged to do so for earlier completion.
- We recommend students to follow the course sequence in the order listed above.