Personal Trainer Scope of Practice

The ACE Certified Personal Trainer is an exercise professional who has met all requirements of the American Council on Exercise to develop, implement, and modify personalized exercise programs that improve fitness and overall well-being for individuals and small groups who are apparently healthy or have medical clearance to exercise. The ACE Certified Personal Trainer realizes that personal training is a service industry focused on helping people enhance fitness and modify risk factors for chronic disease to improve health. As members of the healthcare continuum with a primary focus on prevention, ACE Certified Personal Trainers have a scope of practice that includes:

- Implementing a client-centered and evidence-based approach to personal training by providing personalized exercise programs and using behavior-change skills and strategies to support clients in improving health and fitness
- Developing, implementing, and modifying exercise programs that are safe, effective, and appropriate for individuals and small groups who are apparently healthy or have medical clearance to exercise
- Conducting lifestyle and health-history interviews and preparticipation health screening with clients to determine the need for medical clearance or referral, and to identify values, goals, and contraindications for exercise
- Administering and interpreting appropriate assessments for cardiorespiratory and muscular fitness based on the client's health history, current exercise, lifestyle factors, values, and goals utilizing research-substantiated and published protocols
- Coaching clients in setting and achieving realistic and personally meaningful health, fitness, and behavior-change goals
- Teaching correct exercise methods and appropriate movement progressions and regressions through demonstration, explanation, and proper cueing and spotting techniques
- Empowering individuals to begin and adhere to their exercise programs using guidance, support, motivation, lapse- and relapse-prevention strategies, and effective feedback
- Educating clients about fitness- and health-related topics to help them adopt healthful behaviors that facilitate exercise program success

- Protecting client confidentiality according to the Health Insurance Portability and Accountability Act (HIPAA) and related regional, national, and international laws
- Always acting with professionalism, respect, and integrity
- Referring clients to other healthcare professionals when appropriate
- Responding to and managing incidents and high-risk situations following established protocols to ensure safety and reduce liability