

The 5 secrets (+ 1 Bonus!) for passing the ACE Exam

1. The first thing is to know all the postural imbalances and understand all of the different postural assessments. This will consist of approximately eight questions on the test. You need to think of the three primary postural distortion patterns for rounded shoulders, forward head, anterior rotated pelvis and ankle/foot pronation. Which muscles are underactive and overactive? Memorize this!
2. When you get to chapter 7, pay a lot of attention. A huge portion of the test questions come from this chapter. This is where you learn how to assess new clients for functional movement.
3. I would not worry too much about memorizing the muscle actions. Although it is important to know this information in the real world as a trainer, it will only consist of approximately three questions on the ACE test although you will probably spend too much time studying it. Although you do need to memorize what the rectus femoris does!
4. I also would not stress too much about chapters 12 and 13. Although there is an absolute ton of information crammed into both of those chapters, there are only a few questions on both chapters during the exam.
5. Refer to the chart below and memorize it COMPLETELY! There are over 6 questions from this chart alone.

Positive risk factors for CVD	The defining criteria
Family history	Myocardial infarction, coronary revascularization, sudden death before 55 years old in father or in other male first-degree relatives. Or, before 65 years old in mother or other female first-degree relatives.
Cigarette smoking	Either a current cigarette smoker or those who have quit within the previous six months or have exposure to environmental tobacco smoke.
Sedentary lifestyle	Not participating in at least 30 minutes of moderate intensity (40% to 60% VO ₂) physical activity on at least three days per week for at least three months.
Obesity	Having a body mass index $\geq 30 \text{ kg} \times \text{M}^2$ or a waist circumference of $> 102 \text{ cm}$ (40 inches) for men $> 88 \text{ cm}$ (35 inches) for women.
Hypertension	Systolic blood pressure $\geq 140 \text{ mm Hg}$ and/or diastolic $\geq 90 \text{ mm Hg}$, confirmed by measurements on at least two separate occasions, or on antihypertensive medication.
<u>Prediabetes</u>	Impaired fasting glucose (IFG) = fasting plasma glucose $\geq 100 \text{ mg} \times \text{dL}^{-1}$ (5.50 $\text{mmol} \times \text{L}^{-1}$) – or Impaired glucose tolerance (IGT) = 2 hour values in oral glucose tolerance test (OGTT) $\geq 140 \text{ mg} \times \text{dL}^{-1}$ (7.70 $\text{mmol} \times \text{L}^{-1}$) but $\leq 200 \text{ mg} \times \text{dL}^{-1}$ (11.00 $\text{mmol} \times \text{L}^{-1}$) confirmed by measurements on at least two separate occasions.
<u>Dyslipidemia</u>	Low density lipoprotein (LDL-C) cholesterol $\geq 130 \text{ mg} \times \text{dL}^{-1}$ (3.37 $\text{mmol} \times \text{L}^{-1}$) – or High density lipoprotein (HDL-C) cholesterol $\leq 40 \text{ mg} \times \text{dL}^{-1}$ (1.4 $\text{mmol} \times \text{L}^{-1}$) – or On lipid lowering medication if total serum cholesterol is all that is available, use $\geq \text{mg} \times \text{dL}^{-1}$ (5.18 $\text{mmol} \times \text{L}^{-1}$).

Bonus Tip: Utilize study guides, practice tests and flashcards.

On my website I have a free study guide, practice tests and flashcards for the ACE CPT exam. **You can check them out here** (<https://www.ptpioneer.com/study-ace/>).

A good study guide

A good study guide will help you navigate the huge ACE CPT textbook. Not all of the material that you read out of the textbook will show up on the exam. Knowing what parts to focus on, and which parts to skim over is extremely important. If you try to memorize the whole entire textbook, you are setting yourself up for failure.

Practice exams

Taking multiple different practice exams before you sign up to take the real exam is crucial. I know so many students that have to come to me after they failed asking me what they did wrong. Typically, All of the students had one thing in common. None of them even attempted 1 practice exam to see if they were fully prepared to take the test. If they would have, they would have seen that they were not ready. If you can pass multiple full practice exams with 80% or above, you will know you are ready.

Flashcards (especially spaced repetition)

The flash cards on my website have approximately 100 terms for you to go over. The best way to study flashcards is to use spaced repetition. This helps you focus on your weaker areas of study by showing them more frequently. This saves a lot of time over all when trying to memorize the thousands of terms for this ACE exam.

The study materials on my website is a good place to start. But, if you want to guarantee that you pass the exam I recommend checking out the study materials from Trainer Academy. They have the best study guide, full practice exams and spaced repetition flashcards. My students that have gone through their program have a 99% pass rate. They even provide an exam pass guarantee. Being a subscriber to PT pioneer, you can save on their ACE MVP study package by using my personal discount code **PTPSUB** or by **clicking this link**.

Check their website to learn more about their study materials.

Or, check out **my full review of them here**.