



To take the Medical Exercise Specialist Certification Exam, you must have a minimum of 500 hours of work experience designing and implementing exercise programs for apparently healthy individuals and/or high risk, individuals, as documented by a qualified professional.

**Medical Exercise Specialist candidates must submit the following documentation for approval:**

1. Pre-Approval Form completed by a qualified professional – Please see below.
2. Copy of diploma or unofficial transcripts verifying proof of a completed Bachelor's degree or higher in exercise science or related field.

**TO THE APPLICANT:** This form must be filled out by a QUALIFIED PROFESSIONAL only (i.e. allied health professionals, fitness directors, club managers, professors or teachers)

**TO THE EVALUATOR:**

- Please provide your professional information in the box below.
- In the space provided (or attach separate a document), please comment on the candidate's 500 hours (or more) of work experience related **specifically** to his/her knowledge and skills in:
  1. Risk Factor Screening
  2. Client Interview and Client Assessment
  3. Program Design, Implementation and Modification

<b>Candidate Name:</b>		<b>Evaluator Name:</b>	
<b>Organization:</b>		<b>Title:</b>	
<b>Address:</b>			
<b>City:</b>	<b>State:</b>	<b>Country:</b>	<b>Zip code:</b>
<b>Day Phone:</b>	<b>Email:</b>		
<b>Licenses/Certifications Held:</b>			
<b>Degrees Held:</b>			

I attest that the above named applicant, to the best of my knowledge, has at least 500 hours of experience designing and implementing exercise and physical activity programs for apparently healthy individuals and/or those with health challenges who have been cleared by their physician. I understand that I will not be held responsible for any actions from the applicant arising from the application process for the ACE certification exam, nor from the applicant's work as an ACE-certified Professional.

EVALUATORS SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_