Health Coach Exam Pre-Approval Decision Tree

Are you currently certified as an ACE Personal Trainer, Group Fitness Instructor, or Medical Exercise Specialist OR did your ACE certification(s) lapse in the last six months?

- **YES**: You are automatically pre-approved to sit for the ACE Health Coach Certification exam and do not need to proceed through this pre-approval process.

- **NO**: Do you hold a current NCCA accredited certification in fitness, nutrition, healthcare, wellness, human resources, or a related field? (Not sure if your certification is NCCA accredited? Click here to find out.)

- **YES**: Submit a copy of your current NCCA accredited certification.

- **NO**: Do you hold an associate’s degree or higher from an accredited college in fitness, exercise science, nutrition, healthcare, wellness, or a related field?

- **YES**: Submit a copy of your unofficial transcripts for your degree.

- **NO**: Do you hold a professional license (e.g., RD, RN, LCSW)?

- **YES**: Submit a copy of your current professional license.

- **NO**: Have you completed a health coach training and education program approved by the National Board for Health and Wellness Coaches (NBHWC)?

- **YES**: Submit proof of completion of your NBHWC approved program.

- **NO**: Do you have at least two years of documented work experience coaching, leading, designing, implementing, or facilitating one or more of the following: behavior or lifestyle change, exercise, wellness, nutrition, or physical activity?

- **YES**: Submit a resume specifically highlighting at least two years of work experience coaching, leading, designing, implementing, or facilitating one or more of the following: behavior or lifestyle change, exercise, wellness, nutrition, or physical activity. Not sure how to craft up your resume? Click here for a template.

- **NO**: Do you hold a current NCCA accredited certification in fitness, nutrition, healthcare, wellness, human resources, or a related field? (Not sure if your certification is NCCA accredited? Click here to find out.)

Health Coach pre-approval documents may be submitted here for review: https://www.acefitness.org/myace/exam-preapproval/hc/

If you answered 'no' to all the above questions, you still have options!
Please contact ACE via phone (888-825-3636) or email (support@acefitness.org) to learn more.