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 or university 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)? Note: The ACE Health Coach Advanced Training Program is an NBHWC approved training program. Completion of the full ACE Health Coach Advanced Training Program will meet the eligibility requirement to sit for the ACE Health Coach Certification exam. This is the ONLY ACE Health Coach Study Program that meets this prerequisite.

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

Submit a resume 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.

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.