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### **ACE Personal Trainer Manual: Chapter 2 guide**

A personal trainer can be viewed as a coach working with an athlete to achieve set goals. ... This entry was posted in ACE PT Manual, CH2 and tagged ACE, behaviors, exercise adherence, locus of control, Motivation, person trainer, self-efficacy, SMART Guidelines, social support.

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□ This session, which is based on Chapter 7 of the ACE Personal Trainer Manual(4thed.), explains the importance of various functional assessments and outlines how to properly perform each. □ After completing this session, you will have a better understanding of: -How to set up a plumb line to conduct a basic postural assessment.

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