



YMCA OF THE USA AND AMERICAN COUNCIL ON EXERCISE

FREQUENTLY ASKED QUESTIONS

Q: *Who is ACE?*

A: ACE is one of the largest nonprofit providers of fitness education and certification in the U.S. ACE is also the largest certifier in its space and all four of its primary certification programs are accredited by the National Commission for Certifying Agencies (NCCA), the gold standard in the United States for assessing professional competence.

Q: *Why ACE?*

A: ACE and the Y pursue a common goal of helping people with long-term health behavior change. Local Ys need access to enhanced health and wellness trainings, particularly to support members who are looking to make long-term, sustainable lifestyle changes. In order to meet the needs of more people, ACE was chosen to help Ys broaden their focus to include a more holistic approach to health that incorporates behavioral coaching, science-based exercise programming and innovative learning methodologies.

Q: *What is changing?*

A: ACE will provide YMCA Foundations of Group Exercise and YMCA Foundations of Strength & Conditioning courses for Y certifications through the ACE online training platform. These courses are now available through the YMCA LCDC. Foundations of Coaching Behavior Change will be available later in 2016.

Q: *Is this the full ACE Certification?*

A: No, these are foundational courses, not the full ACE Certification.

Q: *What is the difference between the new Y certifications developed with ACE and ACE Certifications?*

A: ACE worked with us and 35 other local Y staffers to do a “job task analysis.” They analyzed the jobs of both the group exercise staff and wellness center staff to build foundational trainings specific for the Y and those roles, which are reflected in the chapter tests. Full ACE Certifications are much broader, accepted beyond the Y and the exams reflect the skills needed for that and their NCCA-accredited status.

Q: *Will registration run through LCDC?*

A: Yes, all registration and payment for the certification components and CECs will be administered through LCDC.

Q: *When will the CECs become available and will all CECs also be online?*

A: ACE CECs are now available online and accessible through LCDC. All CECs will be priced for Y staff at \$16 per credit hour. There will be other CECs from other organizations that will also be accepted. A list of accepted CECs will be posted in the Help Section of LCDC on Exchange.