

HEALTH COACH FOR KINESIOTHERAPISTS



DELIVER WELLNESS AS A HEALTH COACH

As kinesiologists, you are leading patients to overall wellness and lifestyle change. Thanks to a new partnership with American Council on Exercise, you can now couple your knowledge of the human body with advanced expertise in behavior change, nutrition and fitness. Earning the ACE Health Coach Certification will help you and other members of your kinesiotherapy team empower patients to adopt healthy lifestyle changes and expand the services you offer.



WHY CHOOSE ACE?

Allied health providers are looking for a way to get patients healthier while meeting the demands of a changing industry. To fulfill that need, health coaching certifications have been introduced by a variety of organizations. Only one is accredited by the National Commission for Certifying Agencies (NCCA), the same body that accredits certifications for pharmacists, nurse practitioners, registered dietitians and many other health professions.

FOSTERING A DEEPER CONNECTION

Earning an ACE Health Coach Certification will help kinesiologists and other members of their team fill a demand that needs to be met. The specialized training they receive in behavior change, physical activity and nutrition coaching will help them empower patients to adopt healthy lifestyle changes and expand services they offer. As an ACE Health Coach, they'll hold expertise in motivational interviewing, positive psychology and effective goal-setting.



**ONLY ONE HEALTH COACHING
CERTIFICATION IS ACCREDITED
BY THE NCCA**



Special pricing on study materials and exam registration for American Kinesiotherapy Association members available at akta.org or by calling (800) 825-3636, ext. 820.

EXPLORING THE ACE HEALTH COACH CERTIFICATION

What is the ACE Health Coach Certification?

The ACE Health Coach Certification is the only health coaching credential on the market accredited by the National Commission for Certifying Agencies (NCCA). In addition to information on coaching psychology, the curriculum includes insight on weight management psychology, the physiology of obesity, techniques for lifestyle coaching, development of exercise programs based on the ACE Integrated Fitness Training® model, and the relationship between physical activity and nutrition for weight control.



What are the eligibility requirements?

To sit for the ACE Health Coach Certification Exam, you must be at least 18 years old and hold a current adult CPR/AED certification with live skills check. You must also submit proof of one of the following: a current NCCA-accredited certification or license in fitness, nutrition, health care, wellness, human resources, or a related field; an associate's degree or higher from an accredited college or university in fitness, exercise science, nutrition, health care, wellness, human resources or a related field; or comparable work experience in any of the industries specified above.

How long does it take to study for the exam?

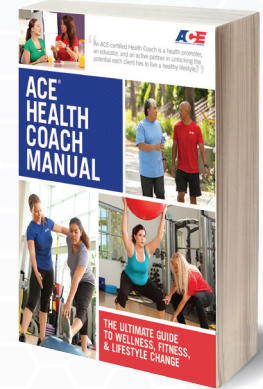
ACE Academy Select, our dynamic, presentation-led guide leads candidates through the study process in as little as 10 weeks. The Web-based tool streamlines the study process by grouping all material into convenient lessons complete with quizzes aimed at helping candidates gauge their understanding of subjects before moving forward. The experience also includes custom progress tracking, our exam review course and two online practice tests.

What are the pricing options for AKTA members?

Thanks to a special relationship with ACE, members of the American Kinesiotherapy Association receive an exclusive 15% discount on study materials and exam registration packages. Once you or a member of your team earns the ACE Health Coach Certification, you will also receive a Certified Health Coach marketing kit complete with brochures, posters and window clings aimed at helping promote your new expertise to current and potential patients.

How will becoming ACE Health Coach help your practice?

Becoming an ACE Certified Health Coach will help you expand the services you offer to patients and create potential for a new revenue stream. You can deliver behavioral therapy for obesity and apply your new expertise in behavior change, physical activity and nutrition in a number of other ways. Improve the retention of your current patients by helping them get better results out of their chiropractic experience. Help them take control of the behaviors that have held them back from losing weight, eating healthy, engaging in physical activity and achieving well-being. Your knowledge of motivational interviewing, positive psychology and effective goal-setting will even create potential for a new revenue stream and acquisition of new patients.



“Working as part of the health care team, an ACE Health Coach can lead the transition from ‘sick care’ to ‘health care,’ and ultimately, to ‘wellness.’”

Dr. Natalie Digate Muth
ACE Healthcare Solutions Director



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