



# CRITERIA FOR ACE SYMPOSIUM SPONSORSHIP APPROVAL

When a company or organization is being considered for approval as a sponsor at the ACE Symposium, the ACE exercise science staff will apply criteria that include, but may not be limited to, the following:

- Presumptive benefit of the sponsor's products, programs or services to the potential users.
- Presumptive minimal risk of the sponsor's products, programs or services to potential users.
- Based upon established biomechanical standards and guidelines, the exercise movement(s) or program(s) is/are deemed to be generally safe for the vast majority of users.
- The sponsor's marketing claims and exercise training or nutrition principles must be consistent with established scientific research or validated by independent studies. In addition, all instructional or educational support materials must be scientifically accurate and clearly written.
- The marketing efforts supporting the sponsor's products, programs or services must encourage fitness professionals to adhere to the ACE Professional Code of Ethics (see below) and stay within their defined scope of practice. In the case of nutritional supplements, an approved sponsor must agree to display the ACE Position Statement on Supplements (see below).

## ACE PROFESSIONAL CODE OF ETHICS

ACE-certified Professionals are guided by the following principles of conduct as they interact with clients, the public, and other health and fitness professionals. ACE-certified Professionals will endeavor to:

- Provide safe and effective instruction
- Provide equal and fair treatment to all clients
- Stay up-to-date on the latest health and fitness research and understand its practical application
- Maintain current CPR certification and knowledge of first-aid services
- Comply with all applicable business, employment, and intellectual property laws
- Maintain the confidentiality of all client information
- Refer clients to more qualified health or medical professionals when appropriate
- Uphold and enhance public appreciation and trust for the health and fitness industry
- Establish and maintain clear professional boundaries

## ACE POSITION STATEMENT ON SUPPLEMENTS

It is the position of the American Council on Exercise (ACE) that it is outside the defined scope of practice of a fitness professional to recommend, prescribe, sell, or supply nutritional supplements to clients. Without possessing the requisite qualifications (e.g., R.D.), recommending supplements can place the client's health at risk and possibly expose the fitness professional to disciplinary action and litigation. If a client wants to take supplements, a fitness professional should work in conjunction with a qualified registered dietitian or medical doctor to provide safe and effective nutritional education and recommendations.

ACE recognizes that some fitness and health clubs encourage or require their employees to sell nutritional supplements. If this is a condition of employment, fitness professionals should protect themselves by ensuring their employers possess adequate insurance coverage for them should a problem arise. Furthermore, ACE strongly encourages continuing education on diet and nutrition for all fitness professionals.

Potential Categories of Sponsors:

- Educational products
  - Books
  - Courses
  - DVDs
- Fitness-related Product
  - Equipment
  - DVDs
  - Books (general health & fitness)
  - Apparel
  - Music
  - Nutrition
- Programs
  - Weight management
  - Nutrition
  - Fitness
  - Mind-Body
  - Sports Performance
  - Post-rehab
- Facilities
  - Gyms
  - Community Centers
  - YMCAs
  - JCCs

