ASIA COLLEGE OF
EXERCISE MEDICINE

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ASIA COLLEGE OF EXERCISE MEDICINE

COMPANY PROFILE



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About Us.

Introduction

Asia College of Exercise Medicine (ACEM) is Malaysia's pioneering institution dedicated to Exercise Medicine, offering the nation's first Diploma in Exercise Science. Our mission is to produce competent Exercise Therapists who prescribe tailored exercise regimens to treat non-communicable diseases (NCDs) such as diabetes, hypertension, obesity, and heart diseases.

At ACEM, we bridge the gap between fitness and healthcare, emphasizing the importance of exercise as a powerful form of preventive and therapeutic medicine. Through our comprehensive curriculum, hands-on training, and collaborations with industry experts, we aim to equip students with the knowledge, skills, and confidence to address the growing global health challenge of NCDs. By combining science, innovation, and a patient-centered approach, we strive to build a healthier society, one tailored exercise plan at a time.



Mission & Vision.

MISSION

- To revolutionize healthcare by establishing exercise as a key component in the prevention and treatment of non-communicable diseases (NCDs).
- To lead the fitness and health industry by producing professional Exercise Therapists who collaborate with medical professionals to improve global health outcomes.
- To inspire healthier communities by championing evidence-based exercise interventions and advancing innovation in exercise medicine.

VISION

- To be a center of excellence in research, education, and information for preventive medicine and exercise-based interventions.
- To train and equip individuals with the knowledge and skills to prescribe tailored exercise therapies that effectively manage and treat NCDs.
- To foster innovation and partnerships that promote non-invasive, exercise-driven solutions for global health challenges.
- To create impactful programs that emphasize lifelong health, fitness, and well-being in communities worldwide.



Our Philosophy.

At Asia College of Exercise Medicine (ACEM), we believe in the transformative power of exercise as medicine. Our philosophy is rooted in the idea that tailored physical activity is not just a preventative measure but a vital, evidence-based treatment for managing and reversing non-communicable diseases (NCDs).

We are driven by a commitment to bridging the gap between fitness and healthcare, ensuring that exercise becomes a key component of modern medical practice. Through innovation, research, and collaboration, we aim to empower individuals to take charge of their health and to inspire a new generation of professionals who view exercise not as an option but as a necessity for a healthier world. At ACEM, we strive to cultivate a culture of care, excellence, and lifelong learning, making impactful changes in communities both locally and globally.

Our Programs.

At Asia College of Exercise Medicine (ACEM), our programs are designed to empower individuals with the knowledge and skills to make a meaningful impact on health and wellness. With a strong focus on evidence-based practices, our offerings combine theoretical knowledge with hands-on experience to ensure our students are well-prepared for real-world challenges. Whether you're passionate about transforming lives through exercise or advancing preventive medicine, our programs provide a pathway to a fulfilling and impactful career.

DIPLOMA IN EXERCISE SCIENCE (EXERCISE THERAPY)

As Malaysia's first MQA-accredited program in Exercise Science, this diploma equips students to become qualified Exercise Therapists. The curriculum combines knowledge of human anatomy, physiology, and exercise therapy with practical training, focusing on managing non-communicable diseases (NCDs) like diabetes, hypertension, and obesity. Graduates are prepared to create tailored exercise regimens and contribute meaningfully to healthcare and fitness industries.

Key Highlights:

- Fully accredited with a career-focused curriculum.
- Practical training in evidence-based exercise therapy.
- Guaranteed job placements in Exercise Clinics upon graduation.

CERTIFICATE IN EXERCISE MEDICINE

Our Certificate in Exercise Medicine is designed for individuals who wish to deepen their understanding of exercise as a therapeutic tool in the prevention and treatment of non-communicable diseases (NCDs). This program offers foundational knowledge in exercise science, human anatomy, and health assessments, while equipping students with the practical skills needed to incorporate exercise into therapeutic interventions. The certificate is ideal for healthcare professionals, fitness enthusiasts, or those looking to enter the growing field of exercise medicine.

Key Highlights:

- Provides essential knowledge of exercise science and therapy applications.
- Focus on practical skills to design and implement exercise regimens for NCD management.
- A flexible and accessible course for professionals looking to expand their skill set.



Why Choose Us?

At Asia College of Exercise Medicine (ACEM), we offer a unique and pioneering approach to exercise medicine. Here's why you should choose us:

Pioneers in Exercise Medicine

ACEM is the first institution in Malaysia to offer a Diploma in Exercise Science, setting the standard for education in this field.

Accredited and Recognized

Our programs are MQA-accredited and endorsed by the Ministry of Health, ensuring high-quality education that meets national standards.

Guaranteed Career Opportunities

We offer assured job placements in Exercise Clinics with competitive salaries, providing a clear career pathway for our graduates.

Innovative and Research-Driven

We collaborate on groundbreaking research and create state-of-the-art tools for precise exercise prescriptions, driving both education and practical application.

Hands-On Learning

Our programs focus on practical training through workshops, internships, and real-world experiences, ensuring students are fully prepared for their careers.

Choosing ACEM means being part of a forward-thinking institution dedicated to transforming healthcare and empowering students to make a real difference.



Asia College of Exercise Medicine

+6017-400 7524

enquiry@acem.edu.my

Podium (North) One Damansara, Tower A,
Jalan 10/3C, Damansara Damai, 47830,
Selangor