

ACE-PERSONAL-TRAINER^{Q&As}

American Council on Exercise (ACE) Personal Trainer (PT)

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QUESTION 1

You have a new client with type 2 diabetes whose most important goal is weight loss. What should you do?

- A. Suggest that he cut back on starches and carbohydrates and increase protein intake to speed up metabolism.
- B. Focus on moderate intensity cardiovascular exercise of increasing duration on most days of the week.
- C. Include high intensity strength training in his program to increase muscle mass and speed up metabolism.
- D. Advise him to perform high intensity cardiovascular exercise to maximize caloric expenditure.

Correct Answer: B

QUESTION 2

A 12-year-old client is a recreational soccer player who wants to try out for a competitive travel team. The client's parents hire an ACE certified Personal Trainer to improve the client's athleticism and prevent injury. Which plyometric drill would be MOST appropriate for the trainer to include in the client's initial power program?

- A. Box jumps
- B. Jumping jacks
- C. Knee tucks
- D. Linear jumps

Correct Answer: C

QUESTION 3

You have been training your client at sea level for two years. His goal for the summer is to go hiking in a mountainous region with an elevation of greater than 10,000 feet (3,050 m). To help him prepare, you modify his training program and explain to him that the MOST immediate response he could experience at this altitude is which of the following?

- A. Pulmonary edema
- B. Increased blood volume
- C. Decreased hydration levels
- D. Increased respiratory rate

Correct Answer: A

QUESTION 4

Based on the assessment shown in the video, which muscle or muscle group is MOST likely to be tight?

- A. Iliopsoas
- B. Rectus femoris
- C. Gluteus maximus
- D. Tensor fasciae latae

Correct Answer: A

QUESTION 5

Which recommendation regarding myofascial release should an ACE certified Personal Trainer make to a client?

- A. Combine it with other stretching methods.
- B. Do it with a heating pad if muscles are sore.
- C. Have a physical therapist perform it due to risk of injury.
- D. Self-administer it frequently.

Correct Answer: B

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