

ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

A 45-year-old client has been training with a personal trainer for five weeks and is now complaining of difficulty sleeping, tiredness, recurring colds, frequent thirst, and decreased appetite. In addition to training with the personal trainer twice a week, the client is working out with a daily 60 minute DVD and trying to run 15-20 miles on the weekends. Based on this information, which of the following MOST likely describes the situation?

A. The client is showing signs of overtraining. Recommend stopping all exercise for at least one to two weeks to allow body recovery.

B. The client is showing signs of overtraining. Recommend decreasing the frequency and intensity of workouts and planning for recovery.

C. The client is showing signs of overtraining. Recommend switching to a Yoga-based program, as the running and other workouts are too hard for someone of the client's age.

D. The client is finally showing some progress. Explain that when adding new workouts to a routine, the client will experience some of these symptoms but will need to "tough it out" until it gets better with consistent effort.

Correct Answer: B

QUESTION 2

Which of the following is a characteristic of Type 1 muscle fibers?

A. Generates high force outputs

B. Fatigues within just a few seconds

C. Contains a large number of mitochondria

D. Contains a high concentration of glycolytic enzymes

Correct Answer: CD

QUESTION 3

A 24-year-old client wants to improve his fitness. The client answers yes to the question "Is your doctor currently prescribing drugs for blood pressure or a heart condition?" on the Physical Activity Readiness Questionnaire. How should the personal trainer respond?

A. Perform a complete fitness assessment to make sure the client is able to start an exercise program.

B. Have the client obtain a physician's release before becoming more physically active

C. Start the client on a moderate walking program for two to four weeks.

D. Have the client sign a liability waiver against any claim of injury.

Correct Answer: B

QUESTION 4

Which of the following resistance training recommendations would be appropriate initially for a client who has cardiovascular disease?

- A. One set -10 repetitions -10 exercises
- B. Two sets -10 repetitions -10 exercises
- C. One set -15 repetitions -10 exercises
- D. Two sets -15 repetitions -10 exercises

Correct Answer: B

QUESTION 5

How does this assessment help an ACE certified Personal Trainer address a client's issue with gait and balance?

- A. The trainer can assess bilateral mobility of the thoracic spine.
- B. The trainer can assess symmetrical lower-extremity mobility and stability.
- C. The trainer can examine stabilization of the scapulothoracic joint and core control while the client is on one leg.
- D. The trainer can examine the ability of the hip and torso to remain stable while the client is on one leg.

Correct Answer: D

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