

ACE-PERSONAL-TRAINER^{Q&As}

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

Pass ACE Fitness ACE-PERSONAL-TRAINER Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.leads4pass.com/ace-personal-trainer.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACE
Fitness Official Exam Center

- ⚙ **Instant Download** After Purchase
- ⚙ **100% Money Back** Guarantee
- ⚙ **365 Days** Free Update
- ⚙ **800,000+** Satisfied Customers



QUESTION 1

What enables a client to successfully deal with high-risk situations that may reduce adherence?

- A. Skill level
- B. Self-efficacy
- C. Extrinsic motivation
- D. Goals

Correct Answer: C

QUESTION 2

An ACE certified Personal Trainer walks into a gym and sees several people beginning to circle around a man who is lying on the ground. The trainer runs over to the man, surveys the situation, and finds the man to be conscious and able to speak. What should the trainer do NEXT?

- A. Check the man for blood circulation.
- B. Cover the man to prevent the onset of shock.
- C. Help move the man to a chair.
- D. Receive verbal permission to assist the man.

Correct Answer: A

QUESTION 3

Which of the following terms BEST describes a lateral curve in the spine?

- A. Neutral spine
- B. Lordosis
- C. Scoliosis
- D. Kyphosis

Correct Answer: D

QUESTION 4

A client has been exercising for years at the fitness center and would like to begin weight lifting but cannot afford personal training right now. The client asks one of the centers ACE certified Personal Trainers for advice. Which response below would be MOST suitable for the client?

- A. Offer to train the client at home for a cheaper price than the club charge because it is evident that the client needs personal training.
- B. Suggest that the client attend one of the center's resistance-training classes, explaining that the support from others may really motivate the client to strength train.
- C. Suggest doing resistance training with the client for free during the week at the club.
- D. Suggest that if the client saves up money, perhaps in a few months they may be able to hire a personal trainer to help with weight training.

Correct Answer: B

QUESTION 5

You are moving and intend to refer your clients to a new personal trainer. Your professional responsibility is to:

- A. Gather all the records on your clients to give to the new trainer.
- B. Obtain signed documentation to release your clients' records to the new trainer.
- C. Have the new trainer retest and evaluate your clients.
- D. Leave the records with the club manager.

Correct Answer: B

QUESTION 6

Your client is an endurance athlete who approaches you about using carnitine to enhance his performance. Your BEST response would be to:

- A. Recommend that he take his carnitine with fruit juice to enhance absorption.
- B. Encourage him to use carnitine to enhance his interval workouts.
- C. Suggest journaling his workouts to monitor progress while using carnitine.
- D. Tell him that research does not support enhanced performance from carnitine use.

Correct Answer: C

QUESTION 7

After overcoming range-of-motion barriers, an ACE certified Personal Trainer introduces a machine-based resistance-training program consisting of push and pull (flexion and extension) exercises into the program of an elderly client.

These exercises are performed in which plane of motion?

- A. Transverse

B. Frontal

C. Sagittal

D. Oblique

Correct Answer: D

QUESTION 8

Which is the recommended ratio of fluid replacement to fluid loss during exercise?

A. 1 to 1

B. 1 to 2

C. 1 to 3

D. 2 to 1

Correct Answer: B

QUESTION 9

While assessing your new client's preferences and expectations, which verbal communication technique would you utilize to BEST gather information from your client?

A. Matching responses

B. Informing responses

C. Minimal encouragers

D. Probing responses

Correct Answer: A

QUESTION 10

After four weeks of program participation, a client's motivation is starting to decrease. The ACE certified Personal Trainer should:

A. Encourage the client to exercise as close to home or work as possible.

B. Schedule training sessions at the same time each day.

C. Encourage the client to find an exercise partner.

D. Help the client avoid high-risk strength-training exercises.

Correct Answer: A

QUESTION 11

During a new client assessment, an ACE certified Personal Trainer learns that the client takes a common beta blocker. Which side effect of this type of medication should the trainer be aware of?

- A. Decreased heart rate
- B. Decreased sweat response
- C. Increased heart rate
- D. Increased sweat response

Correct Answer: B

QUESTION 12

When improvement in health is the PRIMARY concern, the Surgeon General's Report recommends exercising:

- A. Two to four days per week, at a moderate intensity, for 30 minutes or more.
- B. Three to five days per week, at 50 to 85% of VO2 max. for 15 to 60 minutes.
- C. Four to five days per week, at 60 to 85% of VO2 max. for 30 to 60 minutes.
- D. Most days of the week, at a moderate intensity, accumulating 30 minutes or more per day.

Correct Answer: A

QUESTION 13

Which is the BEST pre-exercise interview question to ask a new client?

- A. "Have you ever worked with a personal trainer?"
- B. "What is a typical week in your life like?"
- C. "What is the most you have ever lifted?"
- D. "Will your commute be a barrier to coming to the gym?"

Correct Answer: A

QUESTION 14

An acceptable professional publication to use as a personal training resource is:

- A. Muscle and Fitness.

- B. Shape magazine.
- C. Berkeley Wellness Newsletter.
- D. Journal of the American Medical Association.

Correct Answer: D

QUESTION 15

During a supine hip flexion test, a client raises their right knee towards their chest while keeping their left leg straight on the ground. When the client's right hip reaches about 90 degrees of flexion, their left leg lifts off the ground. The MOST likely cause of this is tightness in which of the following areas?

- A. Right hip flexors
- B. Right hamstrings
- C. Left hip flexors
- D. Left hamstrings

Correct Answer: D

[ACE-PERSONAL-TRAINER Practice Test](#) [ACE-PERSONAL-TRAINER Study Guide](#) [ACE-PERSONAL-TRAINER Braindumps](#)