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# ACE-PERSONAL-TRAINER<sup>Q&As</sup>

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

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### QUESTION 1

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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### QUESTION 2

On an extremely hot summer day, a client displays abnormal signs such as red and dry skin, a change in mental status, and shallow breathing. What is the MOST likely cause of these changes?

- A. Heat exhaustion
- B. Heat stroke
- C. Heat syncope
- D. Hypothermia

Correct Answer: A

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### QUESTION 3

Where should an ACE certified Personal Trainer store confidential personal information regarding clients?

- A. At the front desk of the facility
- B. In the personal trainer's station in a folder
- C. In a locked cabinet
- D. In the trainer's car

Correct Answer: A

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### QUESTION 4

During a recent training session, Louise indicates that she is experiencing some knee discomfort. What action should the personal trainer take to address Louise's concern?

- A. Stop all lower body strength training and increase cardiovascular training.



- B. Refer Louise to a physical therapist and ask her to stop exercising.
- C. Evaluate her technique on lower body exercises and modify her cardiovascular training as needed.
- D. Advise Louise to apply ice to her knee after exercise and recommend an anti-inflammatory medication.

Correct Answer: B

#### QUESTION 5

A 40-year-old female client comes to work with an ACE certified Personal Trainer to lose body fat. The trainer designs a program that includes one session per week and four sessions per week on her own. After three weeks, she informs the trainer that she enjoys working with the trainer but has made it into the gym only once a week to work out independently. Which of the following would be MOST effective to motivate her to adhere to her program?

- A. Work with her to develop a reward system for adhering to her program.
- B. Sign her up for the club's frequent participant rewards program.
- C. Increase the level of difficulty of her session with the trainer to make up for sessions missed on her own.
- D. Agree to spend an hour with her doing all core work to reward her for participating in all her sessions.

Correct Answer: B

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