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





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QUESTION 1

Which verbal response would encourage a client to continue talking and allow for more exploration?

- A. Mirroring
- B. Probing
- C. Attending
- D. Listening

Correct Answer: CD

QUESTION 2

Which would be the proper progression when working with an individual trying to improve static balance?

- A. Raising arms overhead, wide to narrow stance, leaning or rotating trunk, and closing eyes
- B. Raising arms overhead, wide to narrow stance, closing eyes, and leaning or rotating trunk
- C. Wide to narrow stance, raising arms overhead, closing eyes, and leaning or rotating trunk
- D. Wide to narrow stance, raising arms overhead, leaning or rotating trunk, and closing eyes

Correct Answer: B

QUESTION 3

Which of the following is contraindicated for the strength training of an individual with osteoporosis?

- A. Flexion of the spine or bending with forward flexion of the spine
- B. The use of closed-chain, weight-bearing exercises
- C. The use of hormone replacement therapy during exercise
- D. Strengthening the back extensors in the prone position on the floor or bench

Correct Answer: C

QUESTION 4

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 5

Within which stage of learning are exercisers MOST likely to make mistakes?

- A. Autonomous
- B. Associative
- C. Cognitive
- D. Affective

Correct Answer: D

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