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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

When training a client in a home gym, it is necessary for the personal trainer to do which of the following?

- A. Carry equipment repair tools to do on the spot repairs as needed.
- B. Avoid using any of the client's personal equipment.
- C. Phone equipment manufacturer(s) as repairs are needed.
- D. Inspect all home equipment prior to each session.

Correct Answer: B

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### QUESTION 2

If a client on beta-blockers has been cleared to participate in an exercise program, what effect will the drug have on his or her heart rate and blood pressure during exercise?

- A. Increased heart rate and decreased blood pressure
- B. Increased heart rate and increased blood pressure
- C. Decreased heart rate and decreased blood pressure
- D. Decreased heart rate and increased blood pressure

Correct Answer: BC

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### QUESTION 3

Which of the following positions is correct when taking a client's blood pressure?

- A. The client sits upright with both feet flat on the floor, and the left arm rests on a table with the elbow slightly flexed.
- B. The client stands with both feet flat on the floor. And the left arm rests on a flat surface with the elbow flexed.
- C. The client sits upright with both feet flat on the floor, and the right arm is extended at the side.
- D. The client sits upright with both feet flat on the floor, and the left arm rests perfectly straight on a table.

Correct Answer: A

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### QUESTION 4

What is the primary action at the glenohumeral joint during the concentric phase of a dumbbell chest press?

- A. Flexion



- B. Abduction
- C. Horizontal adduction
- D. External rotation

Correct Answer: C

#### QUESTION 5

A client says she wants to work on her chest muscles using an exercise she learned in a group exercise class. Holding 2 pound (1 kg) dumbbells with her shoulders abducted and externally rotated and her elbows flexed, she demonstrates the exercise by horizontally adducting and horizontally abducting her shoulders. What should your response be?

- A. "This exercise does not activate the pectoralis major muscles."
- B. "This is a great exercise for the pectoralis major and rhomboid muscles. Let's include it in your program."
- C. "This exercise uses the chest, but there are more effective exercises that I can show you."
- D. "This exercise is contraindicated for everyone because it places the shoulders in abduction and external rotation."

Correct Answer: B

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