



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

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

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### QUESTION 1

During initial screening and assessment, a client has shown excessive tightness in the hip flexors. The ACE certified Personal Trainer has been working on improving the client's flexibility of the psoas, rectus femoris, and adductors. After three weeks, little progress has been made. Which exercise could be implemented to help improve the client's mobility of the hip flexors?

- A. Overhead squats
- B. Plank
- C. Reverse crunches
- D. Bridging

Correct Answer: B

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### QUESTION 2

A long-time 45-year-old client has returned to training after suffering a shoulder impingement injury. Which of the following exercises should be AVOIDED to reduce risk of injury?

- A. Biceps curl
- B. Triceps push-downs
- C. Seated row
- D. Upright row

Correct Answer: A

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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

The following nutritional information is given on a food label: Serving Size: 1 Amount per serving: 1 Calories: 390



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Protein: 25 g Total carbohydrate: 50 g Cholesterol: 25 mg Sodium: 390 mg How many grams are derived from fat?

- A. 5
- B. 10
- C. 15
- D. 25

Correct Answer: BD

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#### QUESTION 5

A client has just completed the third week of a program designed to increase aerobic efficiency. The total accumulated duration of cardio respiratory exercise for the week was 180 minutes. What is the maximum recommended duration of total exercise for week four of this client's program?

- A. 190 minutes
- B. 198 minutes
- C. 207 minutes
- D. 225 minutes

Correct Answer: B

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