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





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QUESTION 1

Which gland secretes hormones that increase oxygen uptake, increase heat production, and affect many metabolic functions?

- A. Adrenal
- B. Hypothalamus
- C. Pituitary
- D. Thyroid

Correct Answer: D

QUESTION 2

To help a client struggling to adhere to his weight loss program, what would be the MOST effective strategy?

- A. Decrease his level of intensity, but maintain his frequency of participation.
- B. Reduce his level of intensity to maximize fat burning.
- C. Offer to exercise with the client to increase support.
- D. Review the short-term goals of his exercise program.

Correct Answer: D

QUESTION 3

Which teaching sequence is the BEST way to teach a client a new multi-joint, strength-training exercise

(e.g. overhead press)?

A.
Explain the exercise to the client, demonstrate the exercise, assist the client in performing the exercise with a light weight to acquire a kinesthetic sense for the movement, and provide performance feedback.

B.
Explain the exercise to the client, have the client perform the exercise with a light weight to acquire kinesthetic awareness, and provide performance feedback.

C. While demonstrating the exercise to the client, identify correct and incorrect technique then have the client perform repetitions mirroring your performance.



D. Assess 1RM max of individual components involved in lift. Demonstrate the exercise to the client then have the client perform the exercise at 70% of 1 RM score to ensure safety.

Correct Answer: A

QUESTION 4

Which of the following resistance training recommendations would be appropriate initially for a client who has cardiovascular disease?

- A. One set -10 repetitions -10 exercises
- B. Two sets -10 repetitions -10 exercises
- C. One set -15 repetitions -10 exercises
- D. Two sets -15 repetitions -10 exercises

Correct Answer: B

QUESTION 5

A seated leg press involves which action during the concentric phase of the prime movers?

- A. Hip extension and knee extension
- B. Hip extension and knee flexion
- C. Hip flexion and Knee extension
- D. Hip flexion and Knee flexion

Correct Answer: C

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