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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

You are working with a high school track and field athlete training for the long jump event. He is very compliant with his resistance training and speed work each week but routinely skips working on flexibility. Which of the following would BEST reinforce the need for increased flexibility?

- A. Explaining the length-tension relationship of skeletal muscle as it relates to contractile force and performance
- B. Describing how increasing muscle fiber size will increase muscle contractile force and performance
- C. Stressing the importance of flexibility work as a component of a comprehensive fitness program
- D. Informing him that he will need to comply with all aspects of his program if he wants to achieve his goals

Correct Answer: A

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### QUESTION 2

Which of the following would be the MOST appropriate resource for fitness-related guidelines for prenatal and postnatal exercise?

- A. National Institutes of Health
- B. U.S. Department of Health and Human Services
- C. American Medical Association
- D. American Congress of Obstetricians and Gynecologists

Correct Answer: B

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### QUESTION 3

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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### QUESTION 4



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What is the range of essential body fat in men?

- A. 1-3%
- B. 2-5%
- C. 4-7%
- D. 6-8%

Correct Answer: A

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#### QUESTION 5

Which recommendation regarding myofascial release should an ACE certified Personal Trainer make to a client?

- A. Combine it with other stretching methods.
- B. Do it with a heating pad if muscles are sore.
- C. Have a physical therapist perform it due to risk of injury.
- D. Self-administer it frequently.

Correct Answer: B

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