



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

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





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#### QUESTION 1

Which of the following factors CANNOT be determined through graded exercise testing?

- A. Heart rate recovery
- B. Inadequate heart rate response to exercise
- C. Decreased blood serum levels
- D. Appropriate blood pressure response

Correct Answer: C

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#### QUESTION 2

After programming-a moderate to high intensity exercise program for a new 38-year-old client, the ACE certified Personal Trainer learns they have been doubling each workout at each session, exceeding your initial suggestions. The trainer should:

- A. Enthusiastically acknowledge the client's efforts and explain that they will achieve their goals faster.
- B. Reprogram the sessions to their demonstrated ability and energy.
- C. Educate the client to the signs symptoms, and risks of overtraining.
- D. Require the client to follow the original program until the next fitness test.

Correct Answer: B

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#### QUESTION 3

You are approached by an athlete who asks you to review his sports conditioning program. He appears to have difficulty maintaining good form and body alignment during deceleration phases of movement. Which of the following training modalities might you suggest as a program modification to help correct this problem?

- A. Static balance
- B. Dynamic balance
- C. Coordination
- D. Power

Correct Answer: AC

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#### QUESTION 4

Which of the following is TRUE regarding the scope of practice of personal trainers who have gained extensive



knowledge about the effects and contraindications of supplements through reading and continuing education?

- A. They can serve as resources for clients who are interested in learning about supplements and their effects.
- B. They can recommend specific supplements to interested clients as long as they do not sell supplements.
- C. They can recommend and sell supplements as long as they have documentation of the effects and contraindications.
- D. They should use this knowledge only for their own benefits and not share it with any of their clients.

Correct Answer: A

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#### QUESTION 5

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

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