



ACE-PERSONAL-TRAINER^{Q&As}

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





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QUESTION 1

The increased hydration of intervertebral disks during sleep and the subsequent swelling of the disks upon waking have significant implications for the flexibility of the spine. When should spinal flexibility be performed to reduce the risk of injury to the disks?

- A. Before rising
- B. Immediately after rising
- C. Within one hour of rising
- D. Later in the day

Correct Answer: B

QUESTION 2

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

QUESTION 3

An ACE certified Personal Trainer walks into a gym and sees several people beginning to circle around a man who is lying on the ground. The trainer runs over to the man, surveys the situation, and finds the man to be conscious and able to speak. What should the trainer do NEXT?

- A. Check the man for blood circulation.
- B. Cover the man to prevent the onset of shock.
- C. Help move the man to a chair.
- D. Receive verbal permission to assist the man.

Correct Answer: A

QUESTION 4

Which joint actions of the lower extremity occur during the concentric phase of the movement?



- A. Ankle dorsiflexion, knee flexion, and hip flexion
- B. Ankle dorsiflexion, knee extension, and hip flexion
- C. Ankle plantarflexion, knee flexion, and hip extension
- D. Ankle plantarflexion, knee extension, and hip extension

Correct Answer: D

QUESTION 5

Your client has been diagnosed with high blood pressure and is taking a calcium channel blocker. An appropriate modification to her training program is to:

- A. Avoid resistance training for the next three months.
- B. Monitor aerobic exercise intensity by utilizing the Karvonen formula;
- C. Incorporate the use of a heart rate monitor.
- D. Increase the duration of the warm-up and cool-down.

Correct Answer: B

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