



ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

How does this assessment help an ACE certified Personal Trainer address a client's issue with gait and balance?

- A. The trainer can assess bilateral mobility of the thoracic spine.
- B. The trainer can assess symmetrical lower-extremity mobility and stability.
- C. The trainer can examine stabilization of the scapulothoracic joint and core control while the client is on one leg.
- D. The trainer can examine the ability of the hip and torso to remain stable while the client is on one leg.

Correct Answer: D

QUESTION 2

When the body is in the anatomical position, flexion and extension occur in which of the following planes?

- A. Frontal
- B. Sagittal
- C. Transverse
- D. Coronal

Correct Answer: A

QUESTION 3

During an initial interview, a 70-year-old client expresses reluctance to hire an ACE certified Personal Trainer because, in the past, the client was injured during a session with another personal trainer who was much younger. Which approach will BEST facilitate a positive relationship with the client?

- A. Acknowledge the client's fear, and ask questions about the past exercise injury.
- B. Ask the client to make a list of pros and cons of working with a personal trainer.
- C. Avoid including exercises that target the previously injured body part.
- D. Focus the interview on changing the client's perception of personal trainers.

Correct Answer: A

QUESTION 4

Which of the following methods is MOST effective for monitoring moderate intensity cardiorespiratory exercise?

- A. HR at VT2



- B. Percentage of HRR
- C. HR at VTI
- D. Percentage of MaxHR

Correct Answer: C

QUESTION 5

During a recent interview, a 64-year-old client said he had some negative experiences with previous personal trainers. The client indicated being critical of some of the information past trainers had shared because they were all much younger than the client. Which of the following would be the BEST strategy for the ACE certified Personal Trainer to use in order to gain respect and trust from this client?

- A. Gather more specific information about previous negative experiences to better understand the client's perspective. Attempt to contact the client's previous trainers to ask for suggestions or recommendations in working with their former client.
- B. Tell the client that age is not a factor Point out that plenty of people have no problems working with trainers young and old. and provide assurances that the client's experience will be a positive one .
- C. Gather more specific information about the client's previous negative experiences to better understand the client Behave. and dress professionally, and explain personal credentials, training, and philosophy Answer any questions the client might have.
- D. Tell the client about all the successes that previous clients have had, instilling an initial level of trust Offer the client an opportunity to watch a few training sessions with other clients providing the client a

chance to develop a more informed opinion

Correct Answer: A

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