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QUESTION 1

A healthy 40-year-old male client would like you to be his personal trainer. You express that you require specific personal data to ensure that he can safely pursue fitness activity. Which of the following would be recommended as a MINIMAL prerequisite?

- A. A medical clearance prior to training
- B. A detailed medical history form
- C. A PAR-Q
- D. A lifestyle questionnaire

Correct Answer: C

QUESTION 2

Which of the following would represent a normal physiological response to prolonged exercise in environments that are hotter than those to which one is accustomed?

- A. Lower heart rate than normal as venous return is increased .
- B. Lower heart rate than normal as venous return is decreased
- C. Higher heart rate than normal as perspiration decreases
- D. Higher heart rate than normal as blood volume is decreased

Correct Answer: C

QUESTION 3

Which is a valid reason that an ACE certified Personal Trainer would choose to use the talk test to assess a client's perceived effort during treadmill walking during the first few client sessions?

- A. The 0-10 scale to assess exercise Intensity is preferred over RPE.
- B. The talk test correlates well with measured percent V02max results.
- C. The talk test is easy to teach to the client.
- D. The talk test is more accurate than RPE.

Correct Answer: B

QUESTION 4

Which of the following is contraindicated for the strength training of an individual with osteoporosis?



- A. Flexion of the spine or bending with forward flexion of the spine
- B. The use of closed-chain, weight-bearing exercises
- C. The use of hormone replacement therapy during exercise
- D. Strengthening the back extensors in the prone position on the floor or bench

Correct Answer: C

QUESTION 5

When used during an initial interview, which technique would allow an ACE certified Personal Trainer to BEST assess a client's activity preferences?

- A. Administer movement and performance screens and assessments.
- B. Describe different types of physical activity and write an exercise program.
- C. Discuss the client's lifestyle and schedule constraints.
- D. Discuss the client's medical and physical activity histories and personal habits.

Correct Answer: A

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