



VCE & PDF

GeekCert.com

<https://www.geekcert.com/ace-personal-trainer.html>

2024 Latest geekcert ACE-PERSONAL-TRAINER PDF and VCE dumps

Download

ACE-PERSONAL-TRAINER^{Q&As}

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





Pass ACE Fitness ACE-PERSONAL-TRAINER Exam with 100% Guarantee

Free Download Real Questions & Answers **PDF** and **VCE** file from:

<https://www.geekcert.com/ace-personal-trainer.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACE
Fitness Official Exam Center

-  **Instant Download** After Purchase
-  **100% Money Back** Guarantee
-  **365 Days** Free Update
-  **800,000+** Satisfied Customers





QUESTION 1

Which of the following is an IMMEDIATE benefit that could encourage a new client to adhere to an exercise program?

- A. Decreased body fat
- B. Increased muscle mass
- C. Cardiovascular risk reduction
- D. Stress reduction

Correct Answer: A

QUESTION 2

You have just explained and demonstrated to your client how to perform a lat pull down exercise correctly. She tries the exercise with your spotting assistance and feedback. After she completes a set she asks you to perform the exercise again. Based on this experience, how would you characterize the client's learning preference?

- A. Visual
- B. Auditory
- C. Kinesthetic
- D. Modeling

Correct Answer: AC

QUESTION 3

Your 50-year-old male client has recently been diagnosed with type 2 diabetes and is unsure about how and when to exercise in order to manage his blood sugar. Which of the following recommendations would you give the client?

- A. Encourage your client to exercise at the same time each day for better control and to avoid exercising during periods of peak insulin activity.
- B. Encourage your client to train with endurance activities, such as walking, swimming, and cycling, at an intensity % of cardiac reserve for long duration three days per week.
- C. Recommend that he inject insulin into the primary muscle groups that will be used during exercise because the insulin will be absorbed quickly, resulting in a better blood sugar balance.
- D. Explain that exercise should be curtailed if pre-exercise blood glucose is greater than 200 mg/dL or greater than 240 mg/dL with urinary ketone bodies.

Correct Answer: A



QUESTION 4

During a recent training session, Louise indicates that she is experiencing some knee discomfort. What action should the personal trainer take to address Louise's concern?

- A. Stop all lower body strength training and increase cardiovascular training.
- B. Refer Louise to a physical therapist and ask her to stop exercising.
- C. Evaluate her technique on lower body exercises and modify her cardiovascular training as needed.
- D. Advise Louise to apply ice to her knee after exercise and recommend an anti-inflammatory medication.

Correct Answer: B

QUESTION 5

Which movement screen would provide the MOST information about a new client who is an avid golfer and is considering the movements associated with the sport?

- A. Bend and lift
- B. Hurdle step
- C. Shoulder push stabilization
- D. Thoracic spine mobility

Correct Answer: B

[ACE-PERSONAL-TRAINER PDF Dumps](#) [ACE-PERSONAL-TRAINER VCE Dumps](#) [ACE-PERSONAL-TRAINER Study Guide](#)