



ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

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

QUESTION 2

An individual approaches an ACE certified Personal Trainer to inquire about personal training. The individual has not been regularly active in over a year but is ready to lose about 30 lb (13.6 kg) of extra weight. The individual has made it to the gym only three times this month but is ready to become serious and wants to work with a trainer twice a week. What is this individual's current stage of change according to the transtheoretical model of behavioral change?

- A. Precontemplation
- B. Contemplation
- C. Preparation
- D. Action

Correct Answer: A

QUESTION 3

What body position projects self-confidence?

- A. Having rigid posture
- B. Having arms crossed
- C. Being stooped forward
- D. Being open and well-balanced

Correct Answer: D

QUESTION 4



Your new client complains of muscle soreness after two weeks of training. What would be an effective strategy to address this discomfort?

- A. Explain to your client that muscle soreness is inevitable, but that it will subside. Recommend that he or she take the week off.
- B. Reduce his or her training frequency.
- C. Explain to your client that muscle soreness is Inevitable, but that it will subside. Recommend that he or she exercise through it.
- D. Reduce his or her training volume.

Correct Answer: D

QUESTION 5

Which of the following resistance training recommendations would be appropriate initially for a client who has cardiovascular disease?

- A. One set -10 repetitions -10 exercises
- B. Two sets -10 repetitions -10 exercises
- C. One set -15 repetitions -10 exercises
- D. Two sets -15 repetitions -10 exercises

Correct Answer: B

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