

# ACE-PERSONAL-TRAINER<sup>Q&As</sup>

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

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### QUESTION 1

A 20-year-old client is getting married in two months. The client would like to lose 30 lb (13.6 kg) before the wedding day and would like a daily nutrition plan to follow. The client wants this diet plan to provide enough energy to allow the client to exercise at a higher intensity and lose weight at the same time. What should be the ACE certified Personal Trainer's NEXT step?

- A. Refer the client to a registered dietitian.
- B. Provide the client with documents outlining the U.S. Department of Agriculture (USDA) Dietary Guidelines so that the client can assemble a dietary plan.
- C. Refer the client to another trainer who has a nutrition certification.
- D. Create a daily nutritional plan, taking into account the client's weight, metabolism, and activity level.

Correct Answer: A

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### QUESTION 2

The blood pressure of a new 50-year-old male client is measured at 141/95 mmHg. Which step is MOST appropriate for the ACE certified Personal Trainer to take next?

- A. Allow the client to begin a series of moderate-intensity and low-intensity training intervals.
- B. Have the client begin with low-intensity cardiorespiratory exercise only.
- C. Record the measurement and make a note to take it again during the next training session.
- D. Show the client the classification system and explain the implications of the client's category.

Correct Answer: D

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### QUESTION 3

What would be an appropriate posting on an ACE certified Personal Trainer's professional social media homepage?

- A. "Check out this new research article about five-finger shoes."
- B. "Try out this great diet supplement to lose a quick five pounds."
- C. "Congrats to my client Mary who finally lost those last 10 pounds!"
- D. "Job hunting ready to move on. Please contact me with any opportunities."

Correct Answer: D

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### QUESTION 4

During a bend and lift screen of a client, the personal trainer notes that the ankles of the client collapse inward and the feet turn outward. Which muscles should the personal trainer suspect are weak?

- A. Lateral gastrocnemius, soleus, and peroneals
- B. Medial gastrocnemius, gracilis, sartorius, and tibialis group
- C. Tensor fascia latae, gluteus medius, and tibialis group
- D. Tensor fascia latae, gluteus medius, and peroneals

Correct Answer: A

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#### QUESTION 5

After having the client perform a push-up exercise, a personal trainer wants to stretch the client's agonist muscles and strengthen the antagonist muscles at the shoulder. What joint action must the client perform in order to accomplish this?

- A. Horizontal shoulder flexion
- B. Horizontal shoulder adduction
- C. Horizontal shoulder extension
- D. Horizontal shoulder retraction

Correct Answer: D

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