

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

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

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**QUESTION 1**

Which goal is the BEST example of a SMART process goal?

- A. Create a habit of visiting the gym consistently twice per week for four weeks.
- B. Join the running group for a 10-mile (16.1-km) run during the upcoming spring break.
- C. Successfully squat 100 lb (45.4 kg) as a one-rep max in two weeks.
- D. Work to lose 4 in (10.2 cm) around the waist to fit into summer clothes

Correct Answer: B

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**QUESTION 2**

A client's initial six sessions with an ACE certified Personal Trainer each had comparable training volumes with no indicators of joint stress, psychological discomfort, or overtraining. Each session was completed with increased ease. The client's total rest/recovery time was more than 10 minutes per session. Which program modification is MOST appropriate for the client's seventh training session?

- A. Increase rest/recovery time.
- B. Decrease training volume or session duration.
- C. Increase training volume or decrease rest/recovery time.
- D. Increase resistance, duration, total number of sets, and number of exercises.

Correct Answer: D

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**QUESTION 3**

Your overweight client has followed a walking program for several weeks. The next progression would be to:

- A. Increase the walking speed.
- B. Increase the walking duration.
- C. Begin jogging.
- D. Begin hill walking.

Correct Answer: A

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**QUESTION 4**

Which of the following is closest to the MAXIMUM recommendation for safe weight loss?

- A. 14 lb (6 kg) in three months
- B. 15 lb (7 kg) in four months
- C. 24 lb (11 kg) in two months
- D. 30 lb (14 kg) in four months

Correct Answer: A

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#### QUESTION 5

A 12-year-old client is a recreational soccer player who wants to try out for a competitive travel team. The client's parents hire an ACE certified Personal Trainer to improve the client's athleticism and prevent injury. Which plyometric drill would be MOST appropriate for the trainer to include in the client's initial power program?

- A. Box jumps
- B. Jumping jacks
- C. Knee tucks
- D. Linear jumps

Correct Answer: C

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