

ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

A new client who stands 5'5" (165 cm) tall and weighs 325 lbs (147 kg) is interested in losing weight and would like a full physiological assessment including body composition assessment. Which body composition and body size assessments will be the MOST accurate and appropriate for this client?

- A. Skinfold measurements, girth measurements, and waist-to-hip ratio
- B. Near-infrared interactance (NIR), girth measurements, and body mass index
- C. Whole-body air displacement plethysmography (ADP), girth measurements, and waist-to-hip ratio
- D. Bioelectric impedance analysis (BIA), girth measurements, and body mass index

Correct Answer: B

QUESTION 2

Which of the following is an example of showing effective listening skills when a personal trainer is gathering information from a client?

- A. Giving advice
- B. Formulating future communication
- C. Questioning the client with closed-ended questions
- D. Paraphrasing what the client has said

Correct Answer: D

QUESTION 3

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

QUESTION 4

A client does interval training with an ACE certified Personal Trainer twice each week to improve overall running

performance After 12 weeks of training, the client has been able to run the same distance in less time and has a lower exercise heart rate during interval training. What explains this conditioning response?

- A. Increased type II fibers
- B. Decreased cardiac output
- C. Increased mitochondrial density
- D. Decreased stroke volume

Correct Answer: D

QUESTION 5

This assessment is MOST adequate for which measurement?

- A. Hip mobility
- B. Hip stability
- C. Thoracic mobility
- D. Thoracic stability

Correct Answer: B

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