

ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

After four weeks of program participation, a client's motivation is starting to decrease. The ACE certified Personal Trainer should:

- A. Encourage the client to exercise as close to home or work as possible.
- B. Schedule training sessions at the same time each day.
- C. Encourage the client to find an exercise partner.
- D. Help the client avoid high-risk strength-training exercises.

Correct Answer: A

QUESTION 2

A client's medical release makes note of occasional patellofemoral pain with exercise. Which type of activity is LEAST likely to irritate this condition?

- A. Swimming
- B. Rowing
- C. Stair climbing
- D. Cycling

Correct Answer: D

QUESTION 3

Which of the following describes proper performance of the bench press exercise?

- A. Hips remain in contact with the bench at all times.
- B. The bar should be lowered no farther than two inches above the chest
- C. Exhale throughout the lowering phase.
- D. The bar should be held below the nipple line in the "up" position.

Correct Answer: AD

QUESTION 4

You have been focusing on improving your client's balance for the last two months. Which of the following would be the MOST effective squat progression to further challenge balance while maintaining compliance to her exercise program?

- A. Modify squats to a narrow parallel foot position.
- B. Fix visual focus on a wall at eye level.
- C. Lower the position of the dumbbells to the sides of the body.
- D. Increase the verbal feedback from the trainer.

Correct Answer: B

QUESTION 5

A personal trainer is educating a client on how to read a food label. On the label, there are 260 calories per serving, with three servings per package. There are 15 grams of carbohydrates and 10 grams of fat in each serving size. What percent of each serving size comes from carbohydrates?

- A. 17
- B. 23
- C. 30
- D. 43

Correct Answer: B

QUESTION 6

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 7

Which of the following is CORRECT when performing a squat?

- A. Before the descent in a squat, activate the transverse abdominis.
- B. In the ascent, the knees should move medially toward each other.
- C. Place a block underneath the heels to maximize the exercise ROM.

D. Maintain flexion in the low back at the end range of motion.

Correct Answer: A

QUESTION 8

When is the MOST appropriate time to collect data about personal, behavioral, and environmental factors?

- A. During the rapport building phase
- B. During the behavioral change skills phase
- C. During the information gathering phase
- D. During the goal-setting phase

Correct Answer: C

QUESTION 9

The following nutritional information is given on a food label: Serving Size: 1 Amount per serving: 1 Calories: 390 Protein: 25 g Total carbohydrate: 50 g Cholesterol: 25 mg Sodium: 390 mg How many grams are derived from fat?

- A. 5
- B. 10
- C. 15
- D. 25

Correct Answer: BD

QUESTION 10

A potential client has the following vital statistics: ?Sex: Male ?Age; 42 ?Weight: 220 lbs (99.8 kgs) ?Height: 5\'10" (1.78 meters) ?Activity status: sedentary ?Resting BP: 130/85 mm Hg ?Resting HR: 85 ?No family history of heart disease ?Nonsmoker According to the ACSM guidelines, what should a personal trainer do?

- A. Refer him to a registered dietitian.
- B. Refer him to a doctor for medical clearance.
- C. Refer him to a mental health practitioner.
- D. Recommend he begin a moderate intensity exercise program.

Correct Answer: B

QUESTION 11

Your client has experienced several lapses in his training regimen. How would you proceed?

- A. Explain to your client that lapses are normal, and help him find strategies to anticipate and manage future lapses.
- B. Explain to your client that it is extremely important to stay on track and to avoid lapses at all costs.
- C. Explain to your client that lapses happen and are usually the reason for lack of success in most people's exercise efforts.
- D. Explain to your client that his workout is probably not the right one for him and that another workout program will likely help prevent lapses.

Correct Answer: A

QUESTION 12

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

QUESTION 13

A blood pressure cuff that is too large will _____ blood pressure, and one that is too small will _____ blood pressure.

- A. Overestimate/overestimate
- B. Overestimate/underestimate
- C. Underestimate/underestimate
- D. Underestimate/overestimate

Correct Answer: B

QUESTION 14

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 15

During the initial consultation with a 38-year-old female, the personal trainer learns that the client is currently sedentary and does not enjoy exercise. The client's goal is to improve overall health and reduce body weight. Based on the information provided, what is the MOST appropriate exercise intensity for this client's cardiorespiratory training?

- A. A heart rate just below the first ventilatory threshold (VT1)
- B. A heart rate equal to 65% of the heart rate reserve using the Karvonen formula
- C. A heart rate equal to 80% of estimated maximum heart rate using the Gellish formula
- D. A rating of perceived exertion (RPE) to 6 on the category-ratio scale

Correct Answer: A

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