



VCE & PDF

PassApply.com

<https://www.passapply.com/ace-personal-trainer.html>

2024 Latest passapply ACE-PERSONAL-TRAINER PDF and VCE dumps
Download

ACE-PERSONAL-TRAINER^{Q&As}

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

Pass ACE Fitness ACE-PERSONAL-TRAINER Exam with 100% Guarantee

Free Download Real Questions & Answers PDF and VCE file from:

<https://www.passapply.com/ace-personal-trainer.html>

100% Passing Guarantee
100% Money Back Assurance

Following Questions and Answers are all new published by ACE
Fitness Official Exam Center

-  **Instant Download** After Purchase
-  **100% Money Back** Guarantee
-  **365 Days** Free Update
-  **800,000+** Satisfied Customers





QUESTION 1

Which of the following describes the ability to experience another person's world as though it were your own?

- A. Rapport
- B. Empathy
- C. Sympathy
- D. Genuineness

Correct Answer: C

QUESTION 2

An individual with an anterior pelvic tilt would MOST likely be tight in which muscle group?

- A. Hamstrings
- B. Gluteus maximus
- C. Rectus abdominis
- D. Hip flexors

Correct Answer: D

QUESTION 3

During a submaximal graded exercise test on a treadmill, an ACE certified Personal Trainer measures a 15 mmHg decrease in a client's systolic blood pressure when the workload is increased. What should the trainer do?

- A. Nothing this is an expected response to graded exercise.
- B. Measure again at the next stage.
- C. Reduce the intensity and continue the test.
- D. Immediately terminate the test.

Correct Answer: A

QUESTION 4

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

QUESTION 5

Which client would be classified in the moderate-risk category by an American College of Sports Medicine (ACSM) risk stratification assessment?

- A. 30-year-old female who is active and has an HDL cholesterol level mg/dL
- B. 30-year-old male who is active and occasionally smokes
- C. 46-year-old male who is moderately active and has arthritic knees
- D. 56-year-old female who is sedentary and obese

Correct Answer: A

[ACE-PERSONAL-TRAINER PDF Dumps](#) [ACE-PERSONAL-TRAINER Exam Questions](#) [ACE-PERSONAL-TRAINER Braindumps](#)