



ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

Your client has been diagnosed with high blood pressure and is taking a calcium channel blocker. An appropriate modification to her training program is to:

- A. Avoid resistance training for the next three months.
- B. Monitor aerobic exercise intensity by utilizing the Karvonen formula;
- C. Incorporate the use of a heart rate monitor.
- D. Increase the duration of the warm-up and cool-down.

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

When used during an initial interview, which technique would allow an ACE certified Personal Trainer to BEST assess a client's activity preferences?

- A. Administer movement and performance screens and assessments.
- B. Describe different types of physical activity and write an exercise program.
- C. Discuss the client's lifestyle and schedule constraints.
- D. Discuss the client's medical and physical activity histories and personal habits.

Correct Answer: A

QUESTION 4



What would be the MOST appropriate kinesthetic cue for the client performing this exercise?

- A. "Make sure to look forward in front of your fingertips."
- B. "Watch me See how I keep my spine aligned with my head?"
- C. Gently push the client's head into alignment with the spine.
- D. Place a dowel rod across the client's back and ask the client to touch their head to it.

Correct Answer: A

QUESTION 5

Which safety concern should be addressed with this client?

- A. Increased shear at the hip and undue stress on the gastrocnemius
- B. Increased strain forces at the knee and undue stress on the anterior cruciate ligament
- C. Increased strain on the cervical spine and undue stress on the taccrural joint
- D. Increased strain on the lumbar spine and increased eccentric load on the gluteus maximus

Correct Answer: A

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