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QUESTION 1

Where should an ACE certified Personal Trainer store confidential personal information regarding clients?

- A. At the front desk of the facility
- B. In the personal trainer's station in a folder
- C. In a locked cabinet
- D. In the trainer's car

Correct Answer: A

QUESTION 2

Which is a valid reason that an ACE certified Personal Trainer would choose to use the talk test to assess a client's perceived effort during treadmill walking during the first few client sessions?

- A. The 0-10 scale to assess exercise Intensity is preferred over RPE.
- B. The talk test correlates well with measured percent V02max results.
- C. The talk test is easy to teach to the client.
- D. The talk test is more accurate than RPE.

Correct Answer: B

QUESTION 3

Which gland secretes hormones that increase oxygen uptake, increase heat production, and affect many metabolic functions?

- A. Adrenal
- B. Hypothalamus
- C. Pituitary
- D. Thyroid

Correct Answer: D

QUESTION 4

In the first three months of training with a client, a personal trainer has tried a variety of teaching methods. The client loves to read educational materials and will say, "This motion feels right." Which learning styles is the client expressing a preference for?



- A. Athletic and visual
- B. Kinesthetic and auditory
- C. Auditory and demonstrative
- D. Visual and kinesthetic

Correct Answer: B

QUESTION 5

A seated leg press involves which action during the concentric phase of the prime movers?

- A. Hip extension and knee extension
- B. Hip extension and knee flexion
- C. Hip flexion and Knee extension
- D. Hip flexion and Knee flexion

Correct Answer: C

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