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# ACE-PERSONAL-TRAINER<sup>Q&As</sup>

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

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### QUESTION 1

After having the client perform a push-up exercise, a personal trainer wants to stretch the client's agonist muscles and strengthen the antagonist muscles at the shoulder. What joint action must the client perform in order to accomplish this?

- A. Horizontal shoulder flexion
- B. Horizontal shoulder adduction
- C. Horizontal shoulder extension
- D. Horizontal shoulder retraction

Correct Answer: D

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### QUESTION 2

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

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### QUESTION 3

Which law of motion is BEST related to the ground reaction forces that the body absorbs in activities such as jumping rope, plyometrics, and jogging?

- A. Law of gravity
- B. Law of inertia
- C. Law of reaction
- D. Law of retraction

Correct Answer: C

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### QUESTION 4

A client with a blood pressure /94 mm Hg would be considered:



- A. To have normal blood pressure due to the systolic value.
- B. To have normal blood pressure due to the diastolic value.
- C. Hypertensive due to the systolic value.
- D. Hypertensive due to the diastolic value.

Correct Answer: C

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#### QUESTION 5

During a new client assessment, an ACE certified Personal Trainer learns that the client takes a common beta blocker. Which side effect of this type of medication should the trainer be aware of?

- A. Decreased heart rate
- B. Decreased sweat response
- C. Increased heart rate
- D. Increased sweat response

Correct Answer: B

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