



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

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

QUESTION 2

Jamilla injured her knee in a skiing accident three days ago. She tells you she would like to resume exercising as soon as possible. What is your BEST possible course of action?

- A. Recommend a reputable physical therapist to help rehabilitate her injury.
- B. Recommend she consult an orthopedic specialist before she resumes exercising.
- C. Tell her to stay off of her feet until her injury is completely healed.
- D. Design a strength-training program for her with an emphasis on injury prevention.

Correct Answer: B

QUESTION 3

A client has been diagnosed as having an impingement syndrome of the right shoulder. Initially, this client should avoid performing which of the following exercises?

- A. Military press
- B. Biceps curl
- C. Seated row
- D. Triceps push-down

Correct Answer: D

QUESTION 4

A novice 50-year-old client with hypertension reports a perceived exertion (Borg Scale 6-20) In order to keep the client moving toward the fitness goals, an ACE certified Personal Trainer should encourage the client to:



- A. Continue at the current exercise intensity.
- B. Discontinue exercise.
- C. Reduce the exercise Intensity.
- D. Increase the exercise intensity.

Correct Answer: C

QUESTION 5

You discover during your initial assessment that a new client's skill level in every exercise is high with no corrections needed. She has exercised with a personal trainer for more than three years. At which level of learning is the client?

- A. Associative stage
- B. Autonomous stage
- C. Cognitive stage
- D. Reciprocal stage

Correct Answer: B

[ACE-PERSONAL-TRAINER VCE Dumps](#) [ACE-PERSONAL-TRAINER Practice Test](#) [ACE-PERSONAL-TRAINER Study Guide](#)