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QUESTION 1

Which of the following resistance training recommendations would be appropriate initially for a client who has cardiovascular disease?

- A. One set -10 repetitions -10 exercises
- B. Two sets -10 repetitions -10 exercises
- C. One set -15 repetitions -10 exercises
- D. Two sets -15 repetitions -10 exercises

Correct Answer: B

QUESTION 2

While evaluating a client's health-history questionnaire, an ACE certified Personal Trainer learns that the client had Knee surgery six months ago. The client engaged in two weeks of physical therapy immediately after the procedure but has maintained a sedentary lifestyle since that time. The client reports that the knee now feels weak and unstable. Which of the following is MOST likely to have happened to the muscle tissue around the knee?

- A. Arthritis
- B. Atrophy
- C. Bursitis
- D. Hypertrophy

Correct Answer: A

QUESTION 3

During a recent interview, a 64-year-old client said he had some negative experiences with previous personal trainers. The client indicated being critical of some of the information past trainers had shared because they were all much younger than the client. Which of the following would be the BEST strategy for the ACE certified Personal Trainer to use in order to gain respect and trust from this client?

- A. Gather more specific information about previous negative experiences to better understand the client's perspective. Attempt to contact the client's previous trainers to ask for suggestions or recommendations in working with their former client.
- B. Tell the client that age is not a factor. Point out that plenty of people have no problems working with trainers young and old, and provide assurances that the client's experience will be a positive one.
- C. Gather more specific information about the client's previous negative experiences to better understand the client. Behave, and dress professionally, and explain personal credentials, training, and philosophy. Answer any questions the client might have.
- D. Tell the client about all the successes that previous clients have had, instilling an initial level of trust. Offer the client



an opportunity to watch a few training sessions with other clients providing the client a chance to develop a more informed opinion

Correct Answer: A

QUESTION 4

This assessment is MOST adequate for which measurement?

- A. Hip mobility
- B. Hip stability
- C. Thoracic mobility
- D. Thoracic stability

Correct Answer: B

QUESTION 5

A client wants to work on chest muscles by using an exercise learned in a group exercise class. While standing and holding 2-lb (1 kg) dumbbells with shoulders abducted and externally rotated and elbows flexed, the client demonstrates the exercise by horizontally adducting and horizontally abducting the shoulders. What should an ACE certified Personal Trainers response be?

- A. "This exercise does not activate the pectoralis major muscles."
- B. "This is a great exercise for the pectoralis major and rhomboid muscles. Let's include it in your program."
- C. "This exercise uses the chest, but there are more effective exercises that I can show you."
- D. "This exercise is contraindicated for everyone because it places the shoulders in abduction and external rotation."

Correct Answer: B

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