



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

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

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#### QUESTION 1

Implementing a year-long strength-training program that adjusts loads, sets, and repetitions is called:

- A. Periodization training.
- B. Interval training.
- C. Circuit training.
- D. Power training.

Correct Answer: A

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#### QUESTION 2

Which of the following is a characteristic of Type 1 muscle fibers?

- A. Generates high force outputs
- B. Fatigues within just a few seconds
- C. Contains a large number of mitochondria
- D. Contains a high concentration of glycolytic enzymes

Correct Answer: CD

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#### QUESTION 3

A sedentary client comes to you with the goal of improving her cardiorespiratory fitness and decreasing body fat. After three weeks of training with you, she shares that she is five weeks pregnant. Following her physician's clearance, which of the following actions should be taken?

- A. Advise her that her fat loss goal should be postponed until after delivery and continue her exercise program to tolerance.
- B. Advise her that her fat loss goal should be postponed and reduce the intensity of both her strength training and cardiorespiratory programs.
- C. Suggest that in order to decrease her fat percentage, she should increase her exercise duration before her pregnancy limits her ability to seriously exercise.
- D. Educate her that since she is a young healthy woman, no modifications need to be made in her program and that she can safely attain her goals.

Correct Answer: D

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#### 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

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#### QUESTION 5

The effectiveness of BMI is limited In which type of individual?

- A. Seriously obese
- B. Sedentary individuals
- C. Extremely thin
- D. Muscular/athletic

Correct Answer: C

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