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

ACE Fitness ACE-Personal-Trainer

Version Demo

Total Demo Questions: 15

Total Premium Questions: 274

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Topic Break Down

Topic	No. of Questions
Topic 1, Exam Pool A	121
Topic 2, Exam Pool B	153
Total	274

QUESTION NO: 1

The increased hydration of intervertebral disks during sleep and the subsequent swelling of the disks upon waking have significant implications for the flexibility of the spine. When should spinal flexibility be performed to reduce the risk of injury to the disks?

- A. Before rising
- B. Immediately after rising
- C. Within one hour of rising
- D. Later in the day

ANSWER: B**QUESTION NO: 2**

Before organizing an outdoor conditioning class in a local park, what is one of the FIRST steps that ACE certified Personal Trainers should take in order to protect themselves and their clients?

- A. Check the local laws regarding use of the public space.
- B. Prepare by inspecting the area for potential dangers.
- C. Have clients sign a participation waiver.
- D. Create an action plan for unexpected situations.

ANSWER: C**QUESTION NO: 3**

You have been focusing on improving your client's balance for the last two months. Which of the following would be the MOST effective squat progression to further challenge balance while maintaining compliance to her exercise program?

- A. Modify squats to a narrow parallel foot position.
- B. Fix visual focus on a wall at eye level.
- C. Lower the position of the dumbbells to the sides of the body.
- D. Increase the verbal feedback from the trainer.

ANSWER: B

QUESTION NO: 4

You have just explained and demonstrated to your client how to perform a lat pull down exercise correctly. She tries the exercise with your spotting assistance and feedback. After she completes a set she asks you to perform the exercise again. Based on this experience, how would you characterize the client's learning preference?

- A. Visual
- B. Auditory
- C. Kinesthetic
- D. Modeling

ANSWER: A C**QUESTION NO: 5**

Which of the following would be outside the ACE-certified Personal Trainer scope of practice?

- A. Stratify risks for cardiovascular disease with clients in order to determine the need for referral.
- B. Provide information on healthy eating according to the USDA guidelines.
- C. Rehabilitate individuals who have graduated from physical therapy.
- D. Protect client confidentiality according to HIPAA laws.

ANSWER: C**QUESTION NO: 6**

Which of the following describes proper performance of the bench press exercise?

- A. Hips remain in contact with the bench at all times.
- B. The bar should be lowered no farther than two inches above the chest
- C. Exhale throughout the lowering phase.
- D. The bar should be held below the nipple line in the "up" position.

ANSWER: A D**QUESTION NO: 7**

When assessing your client's hip flexion using a passive supine straight leg raise, you discover there is less than 80° of motion on both right and left sides. This MOST likely indicates tightness in which muscles?

- A. Iliopsoas
- B. Hamstrings
- C. Adductor magnus and brevis
- D. Gluteus medius and minimus

ANSWER: A C

QUESTION NO: 8

A potential client has the following vital statistics:

- Sex: Male
- Age; 42
- Weight: 220 lbs (99.8 kgs)
- Height: 5'10" (1.78 meters)
- Activity status: sedentary
- Resting BP: 130/85 mm Hg
- Resting HR: 85
- No family history of heart disease
- Nonsmoker

According to the ACSM guidelines, what should a personal trainer do?

- A. Refer him to a registered dietitian.
- B. Refer him to a doctor for medical clearance.
- C. Refer him to a mental health practitioner.
- D. Recommend he begin a moderate intensity exercise program.

ANSWER: B

QUESTION NO: 9

During follow-up assessments, the client, a runner who has performed poorly in recent sessions, indicates symptoms of irritability and interrupted sleep patterns. These could be symptoms of which of the following?

- A. Lack of motivation
- B. Poor program design

- C. Overtraining
- D. Poor nutrition

ANSWER: B

QUESTION NO: 10

Lordosis is often attributed to which of the following?

- A. Tight abdominal and erector spinae muscles
- B. Tight abdominal and quadriceps muscles
- C. Weak abdominal and hip extensor muscles
- D. Weak intercostal muscles and hip flexors

ANSWER: D

QUESTION NO: 11

Bulimia nervosa is a disorder BEST characterized by:

- A. Significant loss of body weight due to inadequate caloric balance.
- B. Weight loss resulting from starvation.
- C. Excessive weight loss resulting from too much exercise.
- D. Attempted weight loss, with periodic episodes of overeating and purging.

ANSWER: B C

QUESTION NO: 12

Your new client tells you he has been doing a stability ball workout at home two to three days per week. While seated on the ball, which exercise below would provide the GREATEST challenge to balance?

- A. Raising one foot six inches off the floor
- B. Bringing both feet and knees together
- C. Raising both arms overhead
- D. Abducting one arm horizontally

ANSWER: A C

QUESTION NO: 13

The following nutritional information is given on a food label:

Serving Size: 1

Amount per serving: 1

Calories: 390

Protein: 25 g

Total carbohydrate: 50 g

Cholesterol: 25 mg

Sodium: 390 mg

How many grams are derived from fat?

- A. 5
- B. 10
- C. 15
- D. 25

ANSWER: B D**QUESTION NO: 14**

While supervising Louise's strength training exercises, the personal trainer notices that her posture shows mild kyphosis. Which of the following is the appropriate course of action?

- A. Stop all strength training, and add upper body stretching.
- B. Stretch pectoralis major, and strengthen spinal extensors.
- C. Stretch spinal extensors and rhomboids.
- D. Stretch rhomboids, and strengthen pectoralis major.

ANSWER: C**QUESTION NO: 15**

The use of diuretics PRIMARILY results in:

- A. Decreased blood pressure.
- B. Decreased heart rate.

- C. Increased heart rate.
- D. Increased blood pressure.

ANSWER: A B

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