

ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

A new client with kyphosis presents with a forward head position and internally rotated shoulders. The client is deconditioned and has minimal kinesthetic awareness. Which is the MOST appropriate exercise to begin with to address this issue?

- A. Standing low row with tubing
- B. Seated low row on a machine
- C. Seated isotonic reverse fly on a machine
- D. Supine isometric reverse fly on the floor

Correct Answer: D

QUESTION 2

What personality type is MOST likely to be more successful with program adherence when incentives and rewards are offered?

- A. Deliberator
- B. Director
- C. Collaborator
- D. Expresser

Correct Answer: A

QUESTION 3

What is an appropriate exercise for strengthening spinal muscles for a client with spinal osteoporosis?

- A. Abdominal crunches with thoracic flexion
- B. Barbell bent-over rows
- C. Alternating quadruped (bird dog)
- D. Pilates roll-up

Correct Answer: C

QUESTION 4

During a training session with a new client, a 21-year-old male ACE certified Personal Trainer notices that the client, a 43-year-old female, appears to be stepping back from him. The trainer should respond by doing which of the following?

- A. Overlook the body movement of the client.
- B. Step closer to the client.
- C. Give the client more personal space.
- D. Ask the client if there is a problem.

Correct Answer: C

QUESTION 5

Your 50-year-old male client has recently been diagnosed with type 2 diabetes and is unsure about how and when to exercise in order to manage his blood sugar. Which of the following recommendations would you give the client?

- A. Encourage your client to exercise at the same time each day for better control and to avoid exercising during periods of peak insulin activity.
- B. Encourage your client to train with endurance activities, such as walking, swimming, and cycling, at an intensity % of cardiac reserve for long duration three days per week.
- C. Recommend that he inject insulin into the primary muscle groups that will be used during exercise because the insulin will be absorbed quickly, resulting in a better blood sugar balance.
- D. Explain that exercise should be curtailed if pre-exercise blood glucose is greater than 200 mg/dL or greater than 240 mg/dL with urinary ketone bodies.

Correct Answer: A

QUESTION 6

A client had been doing well with the program goals until a recent vacation when the client gained 4 lbs

(1.8

kg) in a 10- day period. What should the client's personal trainer do?

A.

Stay positive and increase the client's workout intensity to assist in losing the vacation weight gain.

B.

Consult a registered dietitian to assist in achieving the client's weight-loss goal.

C.

Redefine the client's goals and modify the program to get the client back on track.

D.

Make a note to send a workout and diet plan with the client on the clients next vacation.

Correct Answer: C

QUESTION 7

The spouse of a client calls the ACE certified Personal Trainer to find out how close the client is to achieving a 20 lb (9.0 kg) weight-loss goal. The spouse wants to plan a reward for the client once the goal is achieved. Which response by the trainer would be MOST appropriate?

- A. Explain that no information can be disclosed over the phone, but that the client's mid-assessment evaluation can be mailed.
- B. Explain that questions regarding the client's fitness results must be directed to the client.
- C. Explain that the client already has established rewards and that additional rewards may impact goal attainment.
- D. Notify the spouse that the client is close to achieving the goal, and that a reward at this time would be a better motivator.

Correct Answer: D

QUESTION 8

Overuse injuries are generally caused by which of the following?

- A. Infrequent high-intensity exercise or sports activity
- B. Exercise that involves repetitive stress and poor body mechanics
- C. Interval training with insufficient rest periods during a given workout
- D. Strength training with insufficient rest periods during a given workout

Correct Answer: D

QUESTION 9

This assessment is MOST adequate for which measurement?

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

Correct Answer: B

QUESTION 10

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.

Correct Answer: AD

QUESTION 11

A personal trainer administers a shoulder pull stabilization screen to a new client and notices that the scapula stays tucked and strong during the screen. However, there is a significant amount of rotation from the trunk during the screen. Based upon this information, what is the suspected compensation and what would be an exercise to help correct the problem?

- A. Lack of core mobility: side plank
- B. Lack of core mobility: standing cable rotation
- C. Lack of core stability: plank
- D. Lack of core stability: reverse crunches

Correct Answer: A

QUESTION 12

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

QUESTION 13

While assessing your new client's preferences and expectations, which verbal communication technique would you utilize to BEST gather information from your client?

- A. Matching responses
- B. Informing responses

- C. Minimal encouragers
- D. Probing responses

Correct Answer: A

QUESTION 14

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

QUESTION 15

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

Correct Answer: AC

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