



ACE-PERSONAL-TRAINER^{Q&As}

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

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**QUESTION 1**

Which of the following factors CANNOT be determined through graded exercise testing?

- A. Heart rate recovery
- B. Inadequate heart rate response to exercise
- C. Decreased blood serum levels
- D. Appropriate blood pressure response

Correct Answer: C

QUESTION 2

An ACE certified Personal Trainer is educating a client on how to read a food label. On the label, there are 260 calories per serving, with three servings per package. There are 15 grams of carbohydrates and 10 grams of fat in each serving size. How many calories from fat are in the entire package?

- A. 90
- B. 120
- C. 200
- D. 270

Correct Answer: B

QUESTION 3

A 35-year-old female client is in the first trimester of her pregnancy and has been given clearance to exercise by her doctor. She enjoys running but is unsure of the intensity at which she should work and how she should measure it. Which of the following is the BEST recommendation?

- A. She should exercise at a comfortable intensity and use the RPE scale rather than heart rate to monitor exercise intensity.
- B. She should exercise at a comfortable intensity and use a heart rate monitor to more accurately monitor intensity.
- C. She should exercise at an RPE of 5 on the 10-point scale and use a heart rate monitor to ensure she does not overexert.
- D. She should exercise at an RPE of 11 on the Borg scale of 20 and use a heart rate monitor to more accurately monitor exercise intensity.

Correct Answer: C



QUESTION 4

What represents a level of intensity where lactic acid begins to accumulate within the blood\?

- A. First ventilatory threshold (VT1)
- B. Second ventilatory threshold (VT2)
- C. Lactate threshold
- D. Tidal volume threshold

Correct Answer: C

QUESTION 5

Which of the following is contraindicated for the strength training of an individual with osteoporosis?

- A. Flexion of the spine or bending with forward flexion of the spine
- B. The use of closed-chain, weight-bearing exercises
- C. The use of hormone replacement therapy during exercise
- D. Strengthening the back extensors in the prone position on the floor or bench

Correct Answer: C

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