



ACE-PERSONAL-TRAINER^{Q&As}

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

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**QUESTION 1**

A client preparing for her first 10K run decides to experiment with a carbohydrate-loading regimen listed in a running magazine to increase glycogen storage. She reported feeling irritable and fatigued during the first three days, and then feeling bloated during the last three days. What program revisions might you suggest to help her achieve her goal?

- A. Revise her dietary plan to include 60-65% of calories originating from carbohydrates.
- B. Revise her dietary plan to include 65-75% of calories originating from carbohydrates.
- C. Increase hydration levels and recovery times during the glycogen-reduction stage.
- D. Increase exercise duration and intensity during the glycogen-reduction stage.

Correct Answer: C

QUESTION 2

What is the range of essential body fat in men?

- A. 1-3%
- B. 2-5%
- C. 4-7%
- D. 6-8%

Correct Answer: A

QUESTION 3

Which of the following changes are typical responses to aerobic training?

- A. Decreased stroke volume, decreased resting heart rate, and increased diastolic blood
- B. pressure Decreased stroke volume, resting heart rate, and diastolic blood pressure
- C. Increased stroke volume, decreased resting heart rate, and increased cardiac output
- D. Increased stroke volume, resting heart rate, and cardiac output

Correct Answer: D

QUESTION 4

When training a client in a home gym, it is necessary for the personal trainer to do which of the following?

- A. Carry equipment repair tools to do on the spot repairs as needed.



- B. Avoid using any of the client's personal equipment.
- C. Phone equipment manufacturer(s) as repairs are needed.
- D. Inspect all home equipment prior to each session.

Correct Answer: B

QUESTION 5

Which client would be classified in the moderate-risk category by an American College of Sports Medicine (ACSM) risk stratification assessment?

- A. 30-year-old female who is active and has an HDL cholesterol level mg/dL
- B. 30-year-old male who is active and occasionally smokes
- C. 46-year-old male who is moderately active and has arthritic knees
- D. 56-year-old female who is sedentary and obese

Correct Answer: A

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