



ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

What does the letter "c" refer to in the RICE method of treating injuries?

- A. Cleaning of the injured area
- B. Compression of the injured area
- C. Cold pack applied to the injured area
- D. Calling emergency medical services

Correct Answer: C

QUESTION 2

After having the client perform a push-up exercise, a personal trainer wants to stretch the client's agonist muscles and strengthen the antagonist muscles at the shoulder. What joint action must the client perform in order to accomplish this?

- A. Horizontal shoulder flexion
- B. Horizontal shoulder adduction
- C. Horizontal shoulder extension
- D. Horizontal shoulder retraction

Correct Answer: D

QUESTION 3

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 4

Which of the following methods is MOST effective for monitoring moderate intensity cardiorespiratory exercise?



- A. HR at VT2
- B. Percentage of HRR
- C. HR at VT1
- D. Percentage of MaxHR

Correct Answer: C

QUESTION 5

An ACE certified Personal Trainer began working with a married couple one year ago. Recently, the husband has not attended their sessions, and the wife has been revealing harsh feelings toward him. She confesses that she has been considering a divorce. During the next session, the husband attends by himself and asks how his wife has been doing and if she has said anything about him. What should the personal trainer do?

- A. Show the husband the comments the wife made that are recorded in the personal trainer's file.
- B. Tell him that she has not said anything and that she is doing well in her workouts.
- C. Advise him that it would be best if he found another personal trainer.
- D. Ask him to respect the personal trainer's position and avoid revealing any information.

Correct Answer: B

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