



ACE-PERSONAL-TRAINER^{Q&As}

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

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**QUESTION 1**

Based on the assessment shown in the video, which muscle or muscle group is MOST likely to be tight?

- A. Iliopsoas
- B. Rectus femoris
- C. Gluteus maximus
- D. Tensor fasciae latae

Correct Answer: A

QUESTION 2

During the initial consultation with a 38-year-old female, the personal trainer learns that the client is currently sedentary and does not enjoy exercise. The client's goal is to improve overall health and reduce body weight. Based on the information provided, what is the MOST appropriate exercise intensity for this client's cardiorespiratory training?

- A. A heart rate just below the first ventilatory threshold (VT1)
- B. A heart rate equal to 65% of the heart rate reserve using the Karvonen formula
- C. A heart rate equal to 80% of estimated maximum heart rate using the Gellish formula
- D. A rating of perceived exertion (RPE) to 6 on the category-ratio scale

Correct Answer: A

QUESTION 3

During the interview process, your new client tells you that he works in his family's Italian restaurant. He admits that it will be difficult for him to comply with the nutrition aspects of his fitness program. Your BEST advice to him is to do which of the following?

- A. Increase exercise frequency to compensate for the added intake.
- B. Suggest he work as a waiter at the restaurant to expend more calories.
- C. Enlist family support to help him stay on course when he is at work in the restaurant.
- D. Realize that weight loss will be difficult and that he should focus more on fitness.

Correct Answer: C

QUESTION 4

How does this assessment help an ACE certified Personal Trainer address a client's issue with gait and balance?



- A. The trainer can assess bilateral mobility of the thoracic spine.
- B. The trainer can assess symmetrical lower-extremity mobility and stability.
- C. The trainer can examine stabilization of the scapulothoracic joint and core control while the client is on one leg.
- D. The trainer can examine the ability of the hip and torso to remain stable while the client is on one leg.

Correct Answer: D

QUESTION 5

An ACE certified Personal Trainer is moving and intends to refer clients to a new trainer. The professional responsibility is to:

- A. Gather all the records on the clients to give to the new trainer.
- B. Obtain signed documentation to release the clients\' records to the new trainer.
- C. Have the new trainer retest and evaluate the clients.
- D. Leave the records with the club manager.

Correct Answer: B

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