



ACE-PERSONAL-TRAINER^{Q&As}

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QUESTION 1

Angina pectoris is caused by which of the following?

- A. Overdeveloped pectoralis muscle group
- B. Strained pectoralis muscle
- C. Insufficient oxygen supply to the heart muscle
- D. Reduction in heart rate and an increase in stroke volume

Correct Answer: C

QUESTION 2

Which of the following descriptions represents an individual being at VT1?

- A. Easily being able to carry on a conversation
- B. No longer being able to speak comfortably
- C. Beginning blood lactate accumulation
- D. Using only carbohydrates as fuel

Correct Answer: A

QUESTION 3

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

QUESTION 4

Which exercise would you recommend to target the latissimus dorsi?

- A. Pull-up
- B. Push-up



C. Lateral raise

D. Incline press

Correct Answer: A

QUESTION 5

After two months of training, a client reports having trouble adhering to the personal trainer's recommendations. What actions could the personal trainer take at this time to motivate the client?

A. Identify sources of social support and barriers to adherence, and create reward systems.

B. Increase the intensity of cardio-respiratory exercise to stimulate the client's metabolism and produce faster results.

C. Suggest the client vary the routine by incorporating load training emphasizing muscular force production.

D. Recommend the client take a planned break in the fitness routine to promote rest and recovery.

Correct Answer: AD

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