



ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

Your new client stands with the palms of his hands facing in a posterior direction. What condition could be attributing to this position?

- A. Scapular protraction due to weak pectorals
- B. Scapular protraction due to tight pectorals and weak rhomboids
- C. Scapular retraction due to weak rhomboids and infraspinatus
- D. Scapular retraction due to a weak latissimus dorsi muscle

Correct Answer: C

QUESTION 2

Why would endurance-trained individuals typically have lower resting heart rates than non-trained individuals?

- A. Decreased exercise blood pressure
- B. Increased maximal heart rate
- C. Increased cardiac cycle
- D. Increased stroke volume

Correct Answer: D

QUESTION 3

During which stage of learning would a novice exerciser require the MOST feedback regarding performance?

- A. Associative stage
- B. Cognitive stage
- C. Autonomous stage
- D. Affective stage

Correct Answer: D

QUESTION 4

When used during an initial interview, which technique would allow an ACE certified Personal Trainer to BEST assess a client's activity preferences?

- A. Administer movement and performance screens and assessments.



- B. Describe different types of physical activity and write an exercise program.
- C. Discuss the client's lifestyle and schedule constraints.
- D. Discuss the client's medical and physical activity histories and personal habits.

Correct Answer: A

QUESTION 5

Christine adhered to her new fitness program for 12 weeks before having an appendectomy. Post-surgery she receives clearance from her physician to start exercising again. Her personal trainer wants to reevaluate her fitness level and suggests that Christine re-establish her fitness goals. What was the personal trainer's intention with this action?

- A. To validate the need to start training again
- B. To develop a new plan not associated with her previous illness
- C. To promote adherence and motivation
- D. To adhere to standard liability protocols

Correct Answer: C

QUESTION 6

Which gland secretes hormones that increase oxygen uptake, increase heat production, and affect many metabolic functions?

- A. Adrenal
- B. Hypothalamus
- C. Pituitary
- D. Thyroid

Correct Answer: D

QUESTION 7

Which of the following has the GREATEST effect on water loss during physical activity?

- A. Temperature and humidity
- B. Dietary salt intake
- C. Current fitness level



D. Pre-activity water consumption

Correct Answer: A

QUESTION 8

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 9

Which statement BEST describes "locus of control" as it relates to exercise adherence?

- A. It is the belief in personal control over health outcomes.
- B. It is the attitude toward barriers to exercise.
- C. It is the belief in one's ability to overcome barriers.
- D. It is the attitude related to past exercise experiences.

Correct Answer: A

QUESTION 10

During a submaximal graded exercise test on a treadmill, an ACE certified Personal Trainer measures a 15 mmHg decrease in a client's systolic blood pressure when the workload is increased. What should the trainer do?

- A. Nothing this is an expected response to graded exercise.
- B. Measure again at the next stage.
- C. Reduce the intensity and continue the test.
- D. Immediately terminate the test.

Correct Answer: A

**QUESTION 11**

During a training session, a client suddenly feels pain radiating down the left shoulder and arm, up the neck, and around the back, accompanied by excessive sweating and difficulty in breathing. Which of the following precautions should the ACE certified Personal Trainer take?

- A. Have the client sit and rest for five minutes, and then take the client's blood pressure.
- B. initiate CPR because the client is clearly having a heart attack.
- C. Have the client stop all activity and contact EMS.
- D. Remove any shoulder and arm exercises to rule out nerve impingement.

Correct Answer: A

QUESTION 12

Which of the following is an advantage of free weights over machines?

- A. Unrestricted movement patterns
- B. Rotary resistance
- C. Accommodation to resistance
- D. Provides quicker results

Correct Answer: A

QUESTION 13

Which law of motion is BEST related to the ground reaction forces that the body absorbs in activities such as jumping rope, plyometrics, and jogging?

- A. Law of gravity
- B. Law of inertia
- C. Law of reaction
- D. Law of retraction

Correct Answer: C

QUESTION 14

The effectiveness of BMI is limited In which type of individual?

- A. Seriously obese



- B. Sedentary individuals
- C. Extremely thin
- D. Muscular/athletic

Correct Answer: C

QUESTION 15

A new female client's health history reveals the following information:

Age: 29 years old
Height: 5'4" (1.6 m)
Weight: 132 lbs (60 kg)
Blood pressure: 121/75 mmHg
LDL cholesterol: 125 mg/dL
HDL cholesterol: 38 mg/dL
Fasting glucose: 89 mg/dL
Takes a spinning class for one hour, two days a week
Runs 3-5 miles two days a week
Strength trains periodically
Non-smoker
No medical history of her birth parents

Using the client's health history, how many positive risk factors are present?

- A. 0
- B. 1
- C. 2
- D. 3

Correct Answer: D

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