

ACE Personal Trainer

1. A client does interval training with an ACE certified Personal Trainer twice each week to improve overall running performance. After 12 weeks of training, the client has been able to run the same distance in less time and has a lower exercise heart rate during interval training. What explains this conditioning response?

A. Increased type II fibers

B. Decreased cardiac output

C. Increased mitochondrial density

D. Decreased stroke volume

Answer(s): D

2. Following four weeks of free-weight instruction and demonstrations, a client is not improving and frequently makes the same mistakes even after repeated corrections. The ACE certified Personal Trainer is currently using verbal cues to instruct him through the exercise. Which of the following teaching methods would be MOST effective to help the client gain a better understanding of what the trainer wants him to do?

A. Continue to demonstrate proper strength-training techniques to the client.

B. Incorporate a kinesthetic method to guide the client through effective execution.

C. Use the same words and methods every time for consistency and to reduce confusion.

D. Continue to praise the client for progress even when the execution is not correct.

Answer(s): D

3. During the performance of the squat in the video, which muscle group is dominant in both the eccentric and concentric phases of the exercise?

A. Gluteals

B. Quadriceps

C. Hamstrings

D. Anterior tibialis

Answer(s): D

4. A 20-year-old client is getting married in two months. The client would like to lose 30 lb (13.6 kg) before the wedding day and would like a daily nutrition plan to follow. The client wants this diet plan to provide enough energy to allow the client to exercise at a higher intensity and lose weight at the same time. What should be the ACE certified Personal Trainer's NEXT step?

A. Refer the client to a registered dietitian.

B. Provide the client with documents outlining the U.S. Department of Agriculture (USDA) Dietary Guidelines so that the client can assemble a dietary plan.

C. Refer the client to another trainer who has a nutrition certification.

D. Create a daily nutritional plan, taking into account the client's weight, metabolism, and activity level.

Answer(s): A

5. A client has been exercising for years at the fitness center and would like to begin weight lifting but cannot afford personal training right now. The client asks one of the center's ACE certified Personal Trainers for advice. Which response below would be MOST suitable for the client?

A. Offer to train the client at home for a cheaper price than the club charge because it is evident that the client needs personal training.

B. Suggest that the client attend one of the center's resistance-training classes, explaining that the support from others may really motivate the client to strength train.

C. Suggest doing resistance training with the client for free during the week at the club.

D. Suggest that if the client saves up money, perhaps in a few months they may be able to hire a personal trainer to help with weight training.

Answer(s): B

6. What is the range of essential body fat in men?

A. 1-3%

B. 2-5%

C. 4-7%

D. 6-8%

Answer(s): A

7. A client wants to work on chest muscles by using an exercise learned in a group exercise class. While standing and holding 2-lb (1 kg) dumbbells with shoulders abducted and externally rotated and elbows flexed, the client demonstrates the exercise by horizontally adducting and horizontally abducting the shoulders.

What should an ACE certified Personal Trainers response be?

A. "This exercise does not activate the pectoralis major muscles."

B. "This Is a great exercise tor the pectoralis major and rhomboid muscles Let's include it In your program."

C. "This exercise uses the chest, but there are more effective exercises that I can show you."

D. "This exercise is contramdicated for everyone because it places the shoulders in abduction and external rotation."

Answer(s): B

8. 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. ACE-Personal-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.

Answer(s): B

9. An ACE certified Personal Trainer is educating a client on how to read a food label. On the label, there are 260 calories per serving, with three servings per package. There are 15 grams of carbohydrates and 10 grams of fat in each serving size. How many calories from fat are in the entire package?

A. 90

B. 120

C. 200

D. 270

Answer(s): B

10. To safely perform the squat exercise using a moderately loaded barbell (50% of body weight) and minimize the risk of injury, which functional action is recommended prior to Initiating the lift?

A. Brace the inner core/trunk muscles.

B. Center the hips and laterally balance the load.

C. Co-contract the agonist and antagonistic muscles of the hips and thighs.

D. Establish a balanced anterior/posterior position of the knees relative to the hips.

Answer(s): B

11. Which characteristic is MOST important to consider when evaluating professional liability insurance programs?

A. Type and amount of coverage offered

B. Number of people covered

C. Organization that offers the coverage

D. Length of the coverage offered

Answer(s): C

12. An ACE certified Personal Trainer walks into a gym and sees several people beginning to circle around a man who is lying on the ground. The trainer runs over to the man, surveys the situation, and finds the man to be conscious and able to speak. What should the trainer do NEXT?

A. Check the man for blood circulation.

B. Cover the man to prevent the onset of shock.

C. Help move the man to a chair.

D. Receive verbal permission to assist the man.

Answer(s): A

13. A client's medical release makes note of occasional patellofemoral pain with exercise. Which type of activity is LEAST likely to irritate this condition?

A. Swimming

B. Rowing

C. Stair climbing

D. Cycling

Answer(s): D

14. Which of the following describes the ability to experience another person's world as though it were your own?

A. Rapport

B. Empathy

C. Sympathy

D. Genuineness

Answer(s): C

15. Which of the following is the BEST example of a process-oriented SMART goal for a client who is new to exercise?

A. Complete a marathon within a year.

B. Lose 10 lb (4.5 kg) in six weeks.

C. Perform five full push-ups within six months.

D. Work out three times per week for the next four weeks.

Answer(s): A

16. A new client with a body mass index kg/m² becomes disengaged after learning that the score places the client in the obese category. Which two communication styles will be critical in establishing rapport with this client to gain adherence?

A. Counseling and directing styles

B. Counseling and educating styles

C. Directing and educating styles

D. Directing and preaching styles

Answer(s): A

17. Which of the following would represent a normal physiological response to prolonged exercise in environments that are hotter than those to which one is accustomed?

A. Lower heart rate than normal as venous return is increased .

B. Lower heart rate than normal as venous return is decreased

C. Higher heart rate than normal as perspiration decreases

D. Higher heart rate than normal as blood volume is decreased

Answer(s): C

18. The blood pressure of a new 50-year-old male client is measured at 141/95 mmHg. Which step is MOST appropriate for the ACE certified Personal Trainer to take next?

A. Allow the client to begin a series of moderate-intensity and low-intensity training Intervals.

B. Have the client begin with low-intensity cardiorespiratory exercise only.

C. Record the measurement and make a note to take it again during the next training session.

D. Show the client the classification system and explain the implications of the client's category.

Answer(s): D

19. Which of the following would be MOST appropriate when selecting aerobic activities for small group training with adolescents'?

A. Select activities similar to those utilized for adults in group personal training.

B. Select low-intensity activities that can be sustained for a long duration.

C. Select fun activities performed at moderate to vigorous intensity that are intermittent in nature.

D. Select high impact activities such as hopping, skipping and jumping.

Answer(s): B

20. 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

Answer(s): A
