

ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

Which of the following is a negative aspect of plyometric exercises?

- A. Non-applicability to athletic performance
- B. Reduced venous return to exercising muscles
- C. Immediate and sustained muscle soreness
- D. Increased stress on joints and tendons

Correct Answer: D

QUESTION 2

You have been training your client at sea level for two years. His goal for the summer is to go hiking in a mountainous region with an elevation of greater than 10,000 feet (3,050 m). To help him prepare, you modify his training program and explain to him that the MOST immediate response he could experience at this altitude is which of the following?

- A. Pulmonary edema
- B. Increased blood volume
- C. Decreased hydration levels
- D. Increased respiratory rate

Correct Answer: A

QUESTION 3

If a client on beta-blockers has been cleared to participate in an exercise program, what effect will the drug have on his or her heart rate and blood pressure during exercise?

- A. Increased heart rate and decreased blood pressure
- B. Increased heart rate and increased blood pressure
- C. Decreased heart rate and decreased blood pressure
- D. Decreased heart rate and increased blood pressure

Correct Answer: BC

QUESTION 4

During a recent training session, Louise indicates that she is experiencing some knee discomfort. What action should the personal trainer take to address Louise's concern?

- A. Stop all lower body strength training and increase cardiovascular training.
- B. Refer Louise to a physical therapist and ask her to stop exercising.
- C. Evaluate her technique on lower body exercises and modify her cardiovascular training as needed.
- D. Advise Louise to apply ice to her knee after exercise and recommend an anti-inflammatory medication.

Correct Answer: B

QUESTION 5

A 45-year-old client has been training with a personal trainer for five weeks and is now complaining of difficulty sleeping, tiredness, recurring colds, frequent thirst, and decreased appetite. In addition to training with the personal trainer twice a week, the client is working out with a daily 60 minute DVD and trying to run 15-20 miles on the weekends. Based on this information, which of the following MOST likely describes the situation?

- A. The client is showing signs of overtraining. Recommend stopping all exercise for at least one to two weeks to allow body recovery.
- B. The client is showing signs of overtraining. Recommend decreasing the frequency and intensity of workouts and planning for recovery.
- C. The client is showing signs of overtraining. Recommend switching to a Yoga-based program, as the running and other workouts are too hard for someone of the client's age.
- D. The client is finally showing some progress. Explain that when adding new workouts to a routine, the client will experience some of these symptoms but will need to "tough it out" until it gets better with consistent effort.

Correct Answer: B

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