

# ACE-PERSONAL-TRAINER<sup>Q&As</sup>

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

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## QUESTION 1

While interviewing a potential client about lifestyle, the client describes self-sabotaging behavior where skipping a workout leads to feelings of guilt, followed by arguments with the client's spouse and overeating.

This is an example of which of the following?

- A. Health belief model
- B. Shaping
- C. Cognitional behavior
- D. Behavioral chain

Correct Answer: D

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## QUESTION 2

During follow-up assessments, the client, a runner who has performed poorly in recent sessions, indicates symptoms of irritability and interrupted sleep patterns. These could be symptoms of which of the following?

- A. Lack of motivation
- B. Poor program design
- C. Overtraining
- D. Poor nutrition

Correct Answer: B

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## QUESTION 3

Tightness in which of the following muscles would MOST likely contribute to chronic lower back problems?

- A. Iliopsoas
- B. Latissimus dorsi
- C. Transverse abdominus
- D. Gluteus maximus

Correct Answer: A

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## QUESTION 4

What is the information gathered from a lifestyle questionnaire BEST used for?

- A. Informing the client of the potential risks and benefits of exercise
- B. Personalizing an exercise program to enhance effectiveness
- C. Screening clients for medical clearance prior to exercise
- D. Screening clients who may not be truly committed to working with a trainer

Correct Answer: A

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## QUESTION 5

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

Correct Answer: D

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