

ACE-PERSONAL-TRAINER^{Q&As}

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

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QUESTION 1

After six weeks of program participation, your training client has become interested in learning about post-exercise nutrition. Based on the principles of glycogen resynthesis, you tell her that her post-exercise snacks should include which of the following?

- A. 20 grams of protein and some carbohydrates
- B. 20 grams of protein and no carbohydrates
- C. 100 grams of carbohydrates and some protein
- D. 100 grams of carbohydrates and no protein

Correct Answer: C

QUESTION 2

Lordosis is often attributed to which of the following?

- A. Tight abdominal and erector spinae muscles
- B. Tight abdominal and quadriceps muscles
- C. Weak abdominal and hip extensor muscles
- D. Weak intercostal muscles and hip flexors

Correct Answer: D

QUESTION 3

During your initial assessment, your client informs you that she has been unsuccessful on multiple diet and exercise programs. She indicates that she cannot maintain consistency due to her hectic schedule, family commitments, and work stress. Despite her situation, she wants you to design a program in which she can succeed. Based on this information, what stage of change would this client be in?

- A. Precontemplation
- B. Contemplation
- C. Maintenance
- D. Action

Correct Answer: B

QUESTION 4

A client reports to an ACE certified Personal Trainer that they take a beta-blocker for migraine headaches. Which method should the client use when monitoring their aerobic exercise intensity?

- A. Heart rate monitor
- B. Karvonen formula (HR reserve)
- C. Age-predicted heart rate
- D. Rating of perceived exertion (RPE)

Correct Answer: A

QUESTION 5

Your client is at week two of her strength-training program, and her strength has increased in all exercises, instead of performing 12 repetitions, she is now able to complete 15 repetitions using the same load. What physiological adaptation may explain this improvement?

- A. Increased flexibility
- B. Neural factors
- C. Muscle hypertrophy
- D. Eccentric adaptations

Correct Answer: D

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