

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

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

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## QUESTION 1

A long-time 45-year-old client has returned to training after suffering a shoulder impingement injury. Which of the following exercises should be AVOIDED to reduce risk of injury?

- A. Biceps curl
- B. Triceps push-downs
- C. Seated row
- D. Upright row

Correct Answer: A

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## QUESTION 2

This exercise relates MOST to which activity of daily living?

- A. Opening a heavy door
- B. Placing a box on a shelf
- C. Putting a child in a car seat
- D. Picking up a laundry basket from the floor

Correct Answer: A

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## QUESTION 3

Which of the following is an example of showing effective listening skills when a personal trainer is gathering information from a client?

- A. Giving advice
- B. Formulating future communication
- C. Questioning the client with closed-ended questions
- D. Paraphrasing what the client has said

Correct Answer: D

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## QUESTION 4

What is the Body Mass Index of a 21-year-old female who is 5'2" (1.58 m) and 132 pounds (60 kg)?

- A. 20

B. 22

C. 24

D. 27

Correct Answer: C

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## QUESTION 5

In an effort to increase the probability of compliance with a training schedule, a personal trainer should use which of the following techniques?

A. Positive reinforcement

B. Review and rehearsal

C. Progressive reinforcement

D. Constructive criticism

Correct Answer: C

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