

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

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

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## QUESTION 1

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

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## QUESTION 2

A new client who stands 5'5" (165 cm) tall and weighs 325 lbs (147 kg) is interested in losing weight and would like a full physiological assessment including body composition assessment. Which body composition and body size assessments will be the MOST accurate and appropriate for this client?

- A. Skinfold measurements, girth measurements, and waist-to-hip ratio
- B. Near-infrared interactance (NIR), girth measurements, and body mass index
- C. Whole-body air displacement plethysmography (ADP), girth measurements, and waist-to-hip ratio
- D. Bioelectric impedance analysis (BIA), girth measurements, and body mass index

Correct Answer: B

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## QUESTION 3

Which exercise would you recommend to target the latissimus dorsi?

- A. Pull-up
- B. Push-up
- C. Lateral raise
- D. Incline press

Correct Answer: A

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## QUESTION 4

Bulimia nervosa is a disorder BEST characterized by:

- A. Significant loss of body weight due to inadequate caloric balance.
- B. Weight loss resulting from starvation.
- C. Excessive weight loss resulting from too much exercise.
- D. Attempted weight loss, with periodic episodes of overeating and purging.

Correct Answer: BC

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**QUESTION 5**

A client is planning a weekend ski trip at a high altitude and would like to maximize time on the slopes. Which of the following is the BEST recommendation?

- A. "To adjust to the higher altitudes more efficiently, keep breaks to a minimum."
- B. "In order to acclimate to the altitude quickly, plan to ski as soon as you arrive."
- C. "To lessen the effects of altitude sickness, attempt the largest hills at the beginning of your ski trip."
- D. "Allow your body to gradually acclimate by waiting until the day after arrival to begin skiing."

Correct Answer: D

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**QUESTION 6**

A potential client has approached a personal trainer to start an exercise program to increase strength and lose weight. Upon reviewing the health history form, the personal trainer notices that the client is currently receiving physical therapy for their shoulder. How should the personal trainer design the client's exercise program?

- A. Include rotator cuff exercises to strengthen and stabilize the shoulder joint.
- B. Use high repetitions, low intensity on any shoulder exercises.
- C. Make sure the client performs a thorough warm-up of the affected shoulder prior to strength training.
- D. Await medical clearance or recommendations prior to proceeding with exercise.

Correct Answer: D

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**QUESTION 7**

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.

Correct Answer: A

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## QUESTION 8

Which of the following is an advantage of free weights over machines?

- A. Unrestricted movement patterns
- B. Rotary resistance
- C. Accommodation to resistance
- D. Provides quicker results

Correct Answer: A

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## QUESTION 9

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

Correct Answer: C

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## QUESTION 10

A 40-year-old female client comes to work with an ACE certified Personal Trainer to lose body fat. The trainer designs a program that includes one session per week and four sessions per week on her own After three weeks, she Informs the trainer that she enjoys working with the trainer but has made it into the gym only once a week to work out independently. Which of the following would be MOST effective to motivate her to adhere to her program?

- A. Work with her to develop a reward system for adhering to her program.
- B. Sign her up for the club's frequent participant rewards program.
- C. increase the level of difficulty of her session with the trainer to make up for sessions missed on her own.
- D. Agree to spend an hour with her doing all core work to reward her for participating in all her sessions.

Correct Answer: B

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## QUESTION 11

In the initial conversation with a new client, a personal trainer finds out that the client has hired the trainer because the client's spouse thinks it will help the client stick to an exercise program. The trainer learns that the client has been unsuccessful in previous attempts to exercise regularly, and the client expresses uncertainty that the outcome will be different this time. Which statement would be the MOST appropriate for the personal trainer to make at this time?

- A. "Let's start out with some goals. It's hard to get somewhere without knowing what you want to achieve. What do you want to get out of your training sessions?"
- B. "Your husband steered you on the right path. Hiring a trainer will make all the difference. I know I can motivate you."
- C. "I understand that you are unsure of how this will turn out, so let's start with the past. You said that you have tried to exercise on a regular basis before. What made you stop?"
- D. "I've used behavior contracts with other clients who had failed in the past. They really help keep you on track. Let's go over the details."

Correct Answer: C

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## QUESTION 12

Which of the following indicates the need to terminate a submaximal exercise test for cardiorespiratory endurance?

- A. Diastolic blood pressure fails to rise with an increase in workload.
- B. Participant reports a rating of perceived exertion ("very strong") on the category-ratio scale.
- C. Respiratory exchange ratio exceeds 0.95.
- D. Systolic blood pressure decreases 20 mmHg despite an increase in exercise intensity.

Correct Answer: D

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## QUESTION 13

Watch the attached video to answer the following question What does the movement screen shown in the video determine about a client?

- A. Readiness to perform a one-repetition maximum for the squat and deadlift
- B. Mobility of the torso and bilateral stability of the feet, knees, and hips
- C. Muscular endurance of the quadriceps, gluteus maximus, hamstrings, and core
- D. Stability of the trunk and symmetrical stability and mobility of the lower extremity

Correct Answer: C

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## QUESTION 14

Which of the following is an IMMEDIATE benefit that could encourage a new client to adhere to an exercise program?

- A. Decreased body fat
- B. Increased muscle mass
- C. Cardiovascular risk reduction
- D. Stress reduction

Correct Answer: A

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## QUESTION 15

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

Correct Answer: B

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