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Exam : **ACE-Personal-Trainer**

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

Vendor : ACE Fitness

Version : DEMO

NO.1 A client's medical release makes note of occasional patellofemoral pain with exercise. Which type of activity is LEAST likely to irritate this condition?

- A. Swimming
- B. Rowing
- C. Cycling
- D. Stair climbing

Answer: C

NO.2 You are approached by an athlete who asks you to review his sports conditioning program. He appears to have difficulty maintaining good form and body alignment during deceleration phases of movement. Which of the following training modalities might you suggest as a program modification to help correct this problem?

- A. Coordination
- B. Dynamic balance
- C. Power
- D. Static balance

Answer: A,D

NO.3 A 20-year-old client is getting married in two months. The client would like to lose 30 lb (13.6 kg) before the wedding day and would like a daily nutrition plan to follow. The client wants this diet plan to provide enough energy to allow the client to exercise at a higher intensity and lose weight at the same time. What should be the ACE certified Personal Trainer's NEXT step?

- A. Refer the client to another trainer who has a nutrition certification.
- B. Create a daily nutritional plan, taking into account the client's weight, metabolism, and activity level.
- C. Refer the client to a registered dietitian.
- D. Provide the client with documents outlining the U.S. Department of Agriculture (USDA) Dietary Guidelines so that the client can assemble a dietary plan.

Answer: C

NO.4 A client has missed three consecutive sessions because of scheduling conflicts. One of the client's goals is to lose 15 lb (6.8 kg) before a high school reunion. The reunion is in 10 weeks, and the client had lost 3 lb (1.4 kg) prior to the missed sessions. Which of the following statements by the ACE certified Personal Trainer would be MOST appropriate at the next session?

- A. I'm glad you made it today. When we wrote down your goals in the beginning, you committed to

three

workouts a week Since you have not been able to do this. I think we should consider lowering your weight loss goal Maybe that goal is too stressful."

B. "I'm glad you were able to make it today How about if we spend some time before your workout reassessing our approach to your weight loss goal? Today's workout will be one you can do at home In

case we are unable to complete it. How does that sound?"

C. "Glad you could make It today Have you been able to work out on your own since I last saw you'? There's only a few more weeks until the reunion, so today let's ramp up your workout to make up for lost time Ready?"

D. "Its great you made it today, but I am concerned about you missing so many sessions Let's review your goals and see what the problems seem to be You made a commitment, and it's important that you stick to your agreement."

Answer: B

NO.5 Following four weeks of free-weight instruction and demonstrations, a client is not improving and frequently

makes the same mistakes even after repeated corrections. The ACE certified Personal Trainer is currently

using verbal cues to instruct him through the exercise. Which of the following teaching methods would be

MOST effective to help the client gain a better understanding of what the trainer wants him to do?

A. Continue to demonstrate proper strength-training techniques to the client.

B. Use the same words and methods every time for consistency and to reduce confusion.

C. Continue to praise the client for progress even when the execution is not correct.

D. Incorporate a kinesthetic method to guide the client through effective execution.

Answer: C

NO.6 What would be an appropriate posting on an ACE certified Personal Trainer's professional social media

homepage?

A. "Congrats to my client Mary who finally lost those last 10 pounds!"

B. "Check out this new research article about five-finger shoes."

C. "Try out this great diet supplement to lose a quick five pounds."

D. "Job hunting ready to move on Please contact me with any opportunities."

Answer: D

NO.7 A client who has worked with an ACE certified Personal Trainer for four months has lost body fat and

increased overall strength. The client now wants to focus on hypertrophy. What would be the MOST appropriate training volume based on the client's new goal?

A. 3-6 sets of 6-12 repetitions of each exercise

- B. 3-5 sets of 1-2 repetitions of each exercise
- C. 2-6 sets of fewer than 6 repetitions of each exercise
- D. 1-2 sets of 8-15 repetitions of each exercise

Answer: D

NO.8 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. Use high repetitions, low intensity on any shoulder exercises.
- B. Await medical clearance or recommendations prior to proceeding with exercise.
- C. Make sure the client performs a thorough warm-up of the affected shoulder prior to strength training.
- D. Include rotator cuff exercises to strengthen and stabilize the shoulder joint.

Answer: B

NO.9 Using the stages of change model, which stage of change would describe a client who purchased sessions to become more consistent with his exercising?

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

Answer: D

NO.10 Some aspects of personal training require the trainer to touch the client. To avoid offending the client, the personal trainer should do which of the following?

- A. Explain the need and ask permission to touch the client.
- B. Discreetly touch the client in an appropriate manner.
- C. Design programs that eliminate the need to touch the client.
- D. Touch the client as he or she will eventually get used to it.

Answer: A

NO.11 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. 22
- B. 27
- C. 24
- D. 20

Answer: C

NO.12 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. Poor nutrition
- B. Lack of motivation
- C. Overtraining
- D. Poor program design

Answer: D

NO.13 What advice should an ACE certified Personal Trainer give to outdoor boot camp participants in order to remain safe as the temperatures decrease and wind chills increase?

- A. Wear several layers of clothing, allow for adequate ventilation of sweat, and drink plenty of water.
- B. Wear clothing made of cotton, allow for adequate ventilation of sweat, and reduce fluid intake.
- C. Keep the head covered, choose clothing that blocks the wind and reduce fluid intake.
- D. Wear several layers of clothing, avoid synthetic materials, and drink ample amounts of warm fluids.

Answer: D

NO.14 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. "In order to acclimate to the altitude quickly, plan to ski as soon as you arrive."
- B. "To lessen the effects of altitude sickness, attempt the largest hills at the beginning of your ski trip."
- C. "Allow your body to gradually acclimate by waiting until the day after arrival to begin skiing."
- D. "To adjust to the higher altitudes more efficiently, keep breaks to a minimum."

Answer: C

NO.15 The spouse of a client calls the ACE certified Personal Trainer to find out how close the client is to achieving a 20 lb (9.0 kg) weight-loss goal. The spouse wants to plan a reward for the client once the goal is achieved.

Which response by the trainer would be MOST appropriate?

- A. Notify the spouse that the client is close to achieving the goal, and that a reward at this time would be a better motivator.
- B. Explain that questions regarding the client's fitness results must be directed to the client.
- C. Explain that the client already has established rewards and that additional rewards may impact goal attainment.

D. Explain that no information can be disclosed over the phone, but that the client's mid-assessment evaluation can be mailed.

Answer: A

NO.16 What is the primary action at the glenohumeral joint during the concentric phase of a dumbbell chest press?

- A.** External rotation
- B.** Abduction
- C.** Flexion
- D.** Horizontal adduction

Answer: D

NO.17 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.** Triceps push-downs
- B.** Seated row
- C.** Biceps curl
- D.** Upright row

Answer: C

NO.18 Lordosis is often attributed to which of the following?

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

Answer: A

NO.19 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.** Anterior tibialis
- D.** Hamstrings

Answer: C

NO.20 During a bend and lift screen of a client, the personal trainer notes that the ankles of the client collapse inward and the feet turn outward. Which muscles should the personal trainer suspect are weak?

- A.** Tensor fascia latae, gluteus medius, and tibialis group
- B.** Tensor fascia latae, gluteus medius, and peroneals
- C.** Medial gastrocnemius, gracilis, sartorius, and tibialis group

D. Lateral gastrocnemius, soleus. and peroneals

Answer: D

NO.21 Why would endurance-trained individuals typically have lower resting heart rates than non-trained individuals?

- A. Decreased exercise blood pressure
- B. Increased maximal heart rate
- C. Increased cardiac cycle
- D. Increased stroke volume

Answer: D

NO.22 During which stage of learning would a novice exerciser require the MOST feedback regarding performance?

- A. Autonomous stage
- B. Affective stage
- C. Associative stage
- D. Cognitive stage

Answer: B

NO.23 A new client has indicated a desire to lose 15 lbs. (6.8 kg) within the next six months. The client has brainstormed some strategies to achieve this goal. Which of the following strategies aligns BEST with the findings of the National Weight Control Registry?

- A. Weigh twice per day, once in the morning and once in the evening, to monitor progress toward the weight loss goal.
- B. Closely monitor and record dietary intake, including attention to appropriate portion sizes.
- C. Follow a low-carbohydrate diet to significantly reduce carbohydrate intake and increase protein consumption.
- D. Substitute a normal breakfast with a low-calorie meal replacement beverage.

Answer: B

NO.24 A person is considered to have systolic hypertension if he or she:

- A. Experiences headaches during high intensity exercise.
- B. Often experiences dizziness after standing quickly from a supine position.
- C. Has a resting systolic pressure greater than 160 mm Hg.
- D. Has systolic pressure greater than 110 mm Hg at any time.

Answer: D

NO.25 In an effort to increase the probability of compliance with a training schedule, a personal trainer should use which of the following techniques?

- A.** Review and rehearsal
- B.** Positive reinforcement
- C.** Constructive criticism
- D.** Progressive reinforcement

Answer: D