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Personal Trainer American Council



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Question: 92

After programming-a moderate to high intensity exercise program for a new 38-year-old client, the ACE certified Personal Trainer learns they have been doubling each workout at each session, exceeding your initial suggestions.

The trainer should:

- A . Enthusiastically acknowledge the client's efforts and explain that they will achieve their goals faster.
- B . Reprogram the sessions to their demonstrated ability and energy.
- C . Educate the client to the signs symptoms, and risks of overtraining.
- D . Require the client to follow the original program until the next fitness test.

Answer: B

Question: 93

According to the American College of Sports Medicine, a medical examination is required prior to vigorous exercise for:

- A . Persons with resting blood pressure of 135/85 mmHg.
- B . Persons with a BMI score of 32.
- C . Persons with type 2 diabetes.
- D . Men less than 40 years old and women less than 50 years old.

Answer: B

Question: 94

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.

Answer: A

Question: 95

Which would be the BEST resource for recommendations regarding daily intake of vitamins and minerals?

- A . USDA Dietary Guidelines for Americans
- B . Food nutrition label
- C . DASH eating plan
- D . Recommended Daily Allowances

Answer: B

Question: 96

Which of the following blood pressure readings is considered normal?

- A . 110/84 mmHg
- B . 117/76 mmHg
- C . 120/90 mmHg
- D . 128/72 mmHg

Answer: C

Question: 97

A new client with a body mass index of 32 kg/m² becomes disengaged after learning that the score places the client in the obese category.

Which two communication styles will be critical in establishing rapport with this client to gain adherence?

- A . Counseling and directing styles
- B . Counseling and educating styles
- C . Directing and educating styles
- D . Directing and preaching styles

Answer: A

Question: 98

What concept drives motivation and adherence through positive thinking, belief in self, and belief in success and mastery?

- A . Self-accountability
- B . Positive feedback
- C . Intrinsic motivation
- D . Self-efficacy

Answer: D

Question: 99

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

Answer: C

Question: 100

Within which stage of learning are exercisers MOST likely to make mistakes?

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

Answer: D



SAMPLE QUESTIONS

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