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ACE-Personal-Trainer

American Council on Exercise Certified Personal Trainer Exam

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Question: 1

All the following are appropriate goals for a pregnant client, EXCEPT:

A. Reduce the risk of gestational diabetes
B. Increase cardiorespiratory fitness
C. Avoid excessive weight gain
D. Lower the incidence of lower back pain

Answer: B

Explanation:
Current research suggests that, unless a specific obstetric or medical condition is present, the likelihood of adverse events or complications in the mother or fetus following acute exercise or training is minimal. The personal trainer should recognize that physical activity by people who are pregnant and those in the postpartum period presents numerous benefits and should be encouraged. Together with an individual's obstetric health care provider, the personal trainer can establish the following exercise program goals:
• Avoid excessive weight gain
• Reduce the risk of gestational diabetes
• Lower the incidence of lower back pain
• Prevent excessive decreases in cardiorespiratory and muscular fitness

Question: 2

Which of the following components is necessary to keep in a client's record in the event of an injury?

A. Past and present medical history
B. Incident report
C. All of these
D. The exercise program changes in each session

Answer: C

Explanation:
In this situation, it is better to have more or too much information than not enough for defense in a potential lawsuit. More documentation will protect you by keeping a detailed account of what actually occurred.

Question: 3

You are training a 13-year-old basketball player for the first time this week. You want to make sure that the environment is as safe as possible.
Which of the following choices would NOT minimize the risk of injury during muscular training?

A. Using free weights for strength training
B. Reminding him to drink water throughout the session
C. Performing exercises within the frontal and sagittal plane
D. Using weight machines only as he learns techniques with free weights

Answer: D

Explanation:
Traditional exercise machines may not provide the proper appropriate lever arm for children and can increase the incidence of injury. Free weights or bodyweight exercises are best practices.
It is important to encourage the client to drink plenty of fluids throughout the session to remain hydrated. Performing exercises within the frontal (side to side) and sagittal (front and back) plane are perfectly safe and avoid any unnecessary torque that may occur during the first few sessions.

Question: 4

All the following are skinfold measurement sites EXCEPT:

A. Chest
B. Abdominal area
C. Biceps
D. Hamstrings

Answer: D

Explanation:
If the personal trainer is suitably trained in the use of skinfold calipers and the caliper is of high quality, skinfold determination of the percentage of body fat can be very accurate. Calculating the sum of skinfolds can provide a client with useful information on how the training program is impacting change in body composition. There are nine skinfold measurement sites:
1. Abdominal
2. Triceps
3. Biceps
4. Chest
5. Medial calf
6. Mid-axillary
7. Subscapular
8. Suprailiac
9. Thigh

The thigh measurement is taken on the anterior midline of the thigh, not the posterior side, which is where the hamstrings are located.

Question: 5

Which of the following is NOT included as a psychological need to help drive intrinsic motivation?

A. Social support
B. Autonomy
C. Competence
D. Relatedness

Answer: A

Explanation:
Most individuals are initially extrinsically motivated when they begin an exercise program. However, long-term success relies on increasing intrinsic motivation strategies. Targeting three key psychological needs can help an individual shift toward intrinsic motivation. These are:
• Autonomy: The sense of choice in one's actions and behaviors
• Relatedness: To connect and feel understood
• Competence: The belief in one's capabilities to succeed
Social support can be a positive form of motivation, but it is a form of extrinsic motivation.

Question: 6

You are working to establish a statute of frauds with a company you recently began working with as an independent contractor. You know that this agreement is necessary because:

A. It will require over six months to complete the project
B. You expect to eventually buy a share in the company
C. It will mitigate time and stress
D. You expect to make over $500 from your services

Answer: D

Explanation:
It is necessary to establish a statute of frauds if the services involved are worth $500 or more or require more than one year to complete.
A statute of frauds will mitigate time and stress, but this is not why the agreement is necessary. It does not involve stocks, partnerships, or ownership.

Question: 7

The degree of movement within a joint is known as:

A. Range of motion
B. Range of change

C. Flexibility
D. Range of muscles

Answer: A

Explanation:
Range of motion (ROM) is the degree of movement within a joint. ROM is assessed with goniometer tests, and each joint has normal ROM values. It can be active or passive.
Active is when the ROM is reached by voluntary movement from contraction of a skeletal muscle. Passive is when the ROM is achieved by external means.

Question: 8

What is an appropriate repetition range for resistance training if the training goal is increased muscular endurance?

A. 5-8 repetitions
B. 12-15 repetitions
C. 3-5 repetitions
D. 8-12 repetitions

Answer: B

Explanation:
Different repetition ranges can be used to target different goals, as long as the corresponding adjustments to intensity are made as well.
Lower repetition ranges, such as 1-6 repetitions, using heavier loads (intensities) are typically used in training programs designed to build maximum strength levels, while moderate to higher volumes in conjunction with moderate and heavier loads are used for the purposes of hypertrophy.
The ability to sustain performance without getting tired is known as muscular endurance. The recommended repetition range to target and improve muscular endurance is 12-15+ repetitions.
It's important to note that although the loads are lighter (lower % 1RM), the load still needs to be sufficient to create training fatigue within the prescribed repetition range. If a load is too light and the individual could have performed many more repetitions but stops at 12-15 reps, this will not be sufficient to elicit the desired training effect.

Question: 9

If a client is trying to stretch her triceps brachii, what position should she get in?

A. Place palms of the hands on the back of the head
B. Place one arm across the chest
C. Cross the arms around the body
D. Place one elbow behind the head

Answer: D

Explanation:
There are many ways an individual can improve their flexibility and increase joint range of motion (ROM), and nearly all of them use some form of stretching. There are three types of stretching that are performed using active or passive techniques to improve flexibility:

- Static
- Dynamic
- Proprioceptive neural facilitation (PNF)

In order to have a client stretch their triceps brachii, the personal trainer should instruct the client to bring her left arm up, bending from the elbow, and drop the left hand behind her head. The client should try to reach over and touch her right shoulder with her left hand. Then, have the client bring her right hand to her elbow and pull rightward to increase tension on her arm.

Question: 10

All the following need to remain consistent in a daily routine for an individual with diabetes EXCEPT:

A. Time of day of physical activity
B. When water is consumed
C. The amount and type of food eaten
D. When medications are taken

Answer: B

Explanation:
Consistency in a daily routine is very important to help an individual manage their diabetes. This regularity refers to when meals are eaten; the amount and type of food; when medications are taken; and the frequency, intensity, and time (duration and time of day) of physical activity.
Therefore, personal trainers should keep in regular contact with the client's physician or another healthcare provider when designing or making changes to the exercise program, as this will enable a more regular and suitable treatment plan for the client.

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