

DUMPS ARENA

ACE Personal Trainer Certification Exam

ACE Fitness ACE-Personal-Trainer

Version Demo

Total Demo Questions: 15

Total Premium Questions: 274

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Topic Break Down

Topic	No. of Questions
Topic 1, Exam Pool A	121
Topic 2, Exam Pool B	153
Total	274

QUESTION NO: 1

You have been training your client at sea level for two years. His goal for the summer is to go hiking in a mountainous region with an elevation of greater than 10,000 feet (3,050 m). To help him prepare, you modify his training program and explain to him that the MOST immediate response he could experience at this altitude is which of the following?

- A. Pulmonary edema
- B. Increased blood volume
- C. Decreased hydration levels
- D. Increased respiratory rate

ANSWER: A**QUESTION NO: 2**

You have been working with an elderly client who has poor balance. Over the past month, he has progressed to standing and maintaining balance on one leg with support. What would be the NEXT step to further improve his balance?

- A. Have him stand and walk with a narrower base of support.
- B. Have him stand on one leg on an unstable surface and perform dynamic movement.
- C. Include single leg stance without external support to his program.
- D. Have him stand in a narrow base of support with his eyes closed.

ANSWER: B D**QUESTION NO: 3**

Jamilla injured her knee in a skiing accident three days ago. She tells you she would like to resume exercising as soon as possible. What is your BEST possible course of action?

- A. Recommend a reputable physical therapist to help rehabilitate her injury.
- B. Recommend she consult an orthopedic specialist before she resumes exercising.
- C. Tell her to stay off of her feet until her injury is completely healed.
- D. Design a strength-training program for her with an emphasis on injury prevention.

ANSWER: B

QUESTION NO: 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.

ANSWER: B C**QUESTION NO: 5**

Your client is at week two of her strength-training program, and her strength has increased in all exercises, instead of performing 12 repetitions, she is now able to complete 15 repetitions using the same load. What physiological adaptation may explain this improvement?

- A. Increased flexibility
- B. Neural factors
- C. Muscle hypertrophy
- D. Eccentric adaptations

ANSWER: D**QUESTION NO: 6**

When assessing your client's hip flexion using a passive supine straight leg raise, you discover there is less than 80° of motion on both right and left sides. This MOST likely indicates tightness in which muscles?

- A. Iliopsoas
- B. Hamstrings
- C. Adductor magnus and brevis
- D. Gluteus medius and minimus

ANSWER: A C**QUESTION NO: 7**

An individual with an anterior pelvic tilt would MOST likely be tight in which muscle group?

- A. Hamstrings
- B. Gluteus maximus
- C. Rectus abdominis
- D. Hip flexors

ANSWER: D

QUESTION NO: 8

Which of the following describes proper performance of the bench press exercise?

- A. Hips remain in contact with the bench at all times.
- B. The bar should be lowered no farther than two inches above the chest
- C. Exhale throughout the lowering phase.
- D. The bar should be held below the nipple line in the "up" position.

ANSWER: A D

QUESTION NO: 9

What muscles function as stabilizers during push-ups?

- A. Pectorals
- B. Biceps
- C. Triceps
- D. Abdominals

ANSWER: C D

QUESTION NO: 10

When introducing a client to movement pattern progressions for velocity training, which of the following movements would most likely be performed FIRST?

- A. Backpedal
- B. Crossover cutting
- C. Linear-forward

D. Rotational

ANSWER: A C

QUESTION NO: 11

During a fitness assessment with a new client, the personal trainer instructs them to perform the bend-and-lift screen. Upon analysis of the movement sequence from an anterior view, the personal trainer notices the knees fall inward. What muscles might be tight?

- A. Hip adductors
- B. Plantar flexors
- C. Latissimus dorsi
- D. Gluteus medius

ANSWER: A

QUESTION NO: 12

Your new client tells you he has been doing a stability ball workout at home two to three days per week. While seated on the ball, which exercise below would provide the GREATEST challenge to balance?

- A. Raising one foot six inches off the floor
- B. Bringing both feet and knees together
- C. Raising both arms overhead
- D. Abducting one arm horizontally

ANSWER: A C

QUESTION NO: 13

Your client, who is a golfer, is throwing a weighted ball against a wall. The client is facing away from the wall so that he must rotate his trunk in order to toss the ball. This activity BEST represents the _____ principle.

- A. Overload
- B. Reversibility
- C. Specificity
- D. Voluntary stimulation

ANSWER: C

QUESTION NO: 14

A client has been exercising three days per week for the past two months. On an exercise history form, the client indicates having embarked on fitness programs, but seems to have difficulty sticking with them for longer than three to six months. What would the BEST intervention be based on the clients stage of change?

- A. Provide information from multiple sources and share the risks of being inactive
- B. Provide continued support and feedback, and identify things and event that are potential barriers and possible solutions.
- C. Maintain a social network of support from family and friends as well as from within the exercise environment.
- D. Help create a support group of people who are just adopting an exercise program.

ANSWER: A

QUESTION NO: 15

After completing a facility accident report following an incident with a client, the personal trainer should do which of the following?

- A. Contact another club member who lives near the client to check on the client.
- B. Transport the client to the doctor or hospital.
- C. Discuss the accident with a colleague to verify the account of what happened.
- D. Document his/her own personal account of what occurred.

ANSWER: B