



Up-to-date Questions and Answers from authentic resources to improve knowledge and pass the exam at very first attempt. ---- Guaranteed.



ACE-PT MCQs
ACE-PT TestPrep
ACE-PT Study Guide
ACE-PT Practice Test
ACE-PT Exam Questions



killexams.com

ACE-Cert

ACE-PT

Personal Trainer American Council

ORDER FULL VERSION

<https://killexams.com/pass4sure/exam-detail/ACE-PT>



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

Killexams.com is a leading online platform specializing in high-quality certification exam preparation. Offering a robust suite of tools, including MCQs, practice tests, and advanced test engines, Killexams.com empowers candidates to excel in their certification exams. Discover the key features that make Killexams.com the go-to choice for exam success.



Exam Questions:

Killexams.com provides exam questions that are experienced in test centers. These questions are updated regularly to ensure they are up-to-date and relevant to the latest exam syllabus. By studying these questions, candidates can familiarize themselves with the content and format of the real exam.

Exam MCQs:

Killexams.com offers exam MCQs in PDF format. These questions contain a comprehensive collection of questions and answers that cover the exam topics. By using these MCQs, candidate can enhance their knowledge and improve their chances of success in the certification exam.

Practice Test:

Killexams.com provides practice test through their desktop test engine and online test engine. These practice tests simulate the real exam environment and help candidates assess their readiness for the actual exam. The practice test cover a wide range of questions and enable candidates to identify their strengths and weaknesses.

Guaranteed Success:

Killexams.com offers a success guarantee with the exam MCQs. Killexams claim that by using this materials, candidates will pass their exams on the first attempt or they will get refund for the purchase price. This guarantee provides assurance and confidence to individuals preparing for certification exam.

Updated Contents:

Killexams.com regularly updates its question bank of MCQs to ensure that they are current and reflect the latest changes in the exam syllabus. This helps candidates stay up-to-date with the exam content and increases their chances of success.