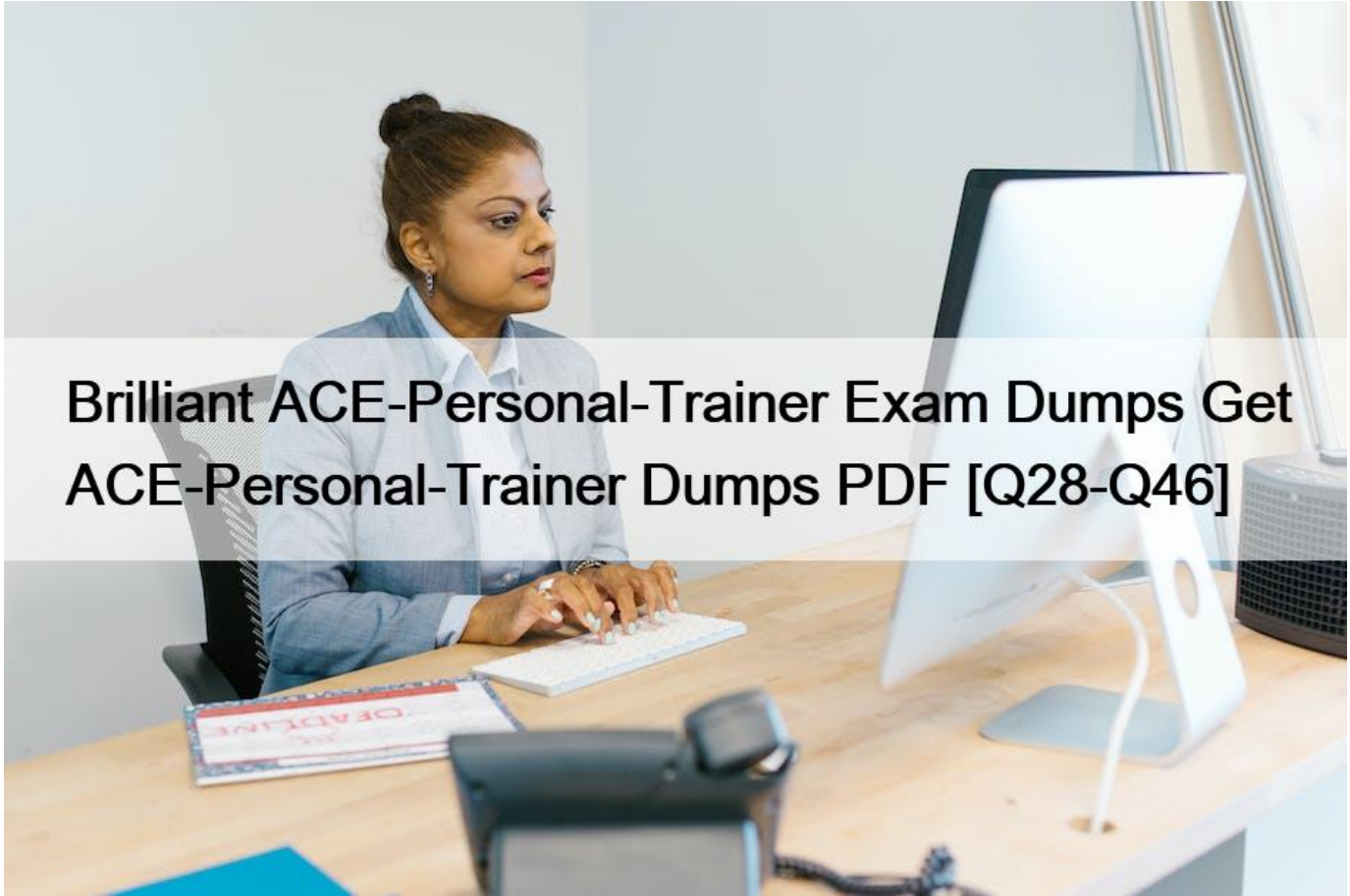


Brilliant ACE-Personal-Trainer Exam Dumps Get ACE-Personal-Trainer Dumps PDF [Q28-Q46]



Brilliant ACE-Personal-Trainer Exam Dumps Get ACE-Personal-Trainer Dumps PDF
ACE-Personal-Trainer Dumps PDF - ACE-Personal-Trainer Real Exam Questions Answers

Earning the ACE Personal Trainer Certification is a significant achievement for aspiring personal trainers. It demonstrates to potential clients and employers that the trainer has the knowledge and skills necessary to design safe and effective exercise programs and work with clients to achieve their fitness goals. Additionally, ACE-certified trainers have access to a variety of resources and opportunities for professional development, including continuing education courses, workshops, and networking events.

Q28. The following nutritional information is given on the label of a food package:

Serving Size: 1

Amount per serving: 1

Calories: 390

Protein 25 g

Total carbohydrate: 50 g

Cholesterol: 25 mg

Sodium 390 mg

What percentage of the calories is derived from carbohydrates?

- * 51%
- * 62%
- * 38%
- * 15%

Q29. 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?

- * To adjust to the higher altitudes more efficiently, keep breaks to a minimum.
- * In order to acclimate to the altitude quickly, plan to ski as soon as you arrive.
- * To lessen the effects of altitude sickness, attempt the largest hills at the beginning of your ski trip.
- * Allow your body to gradually acclimate by waiting until the day after arrival to begin skiing.

Q30. Which of the following are the MOST recommended guidelines for fluid intake prior, during, and after exercise?

- * Thirty minutes prior to exercise, drink 500-600 mL (17-20 oz).
- * Every 20-30 minutes during exercise, drink 200-300 mL (7-10 oz).
- * After exercise, drink 450-675 mL (16-24 oz) every hour for five hours.
- * One hour prior to exercise, drink 500-600 mL (17-20 oz).
- * Every 5-10 minutes during exercise, drink 200-300 mL (7-10 oz).
- After exercise, drink 450-675 mL (16-24 oz) every hour for five hours.
- * -Two hours prior to exercise, drink 500-600 mL (17-20 oz).
- * Every 10-20 minutes during exercise drink 200-300 mL (7-10 oz).
- * After exercise, drink 450-675 mL (16-24 oz) for each 0.5 kg or 1 lb lost.
- * Two hours prior to exercise, drink 1.000-1.200 mL (34-40 oz).
- * Every 10-20 minutes during exercise, drink 400-600 mL (14-20 oz).
- * After exercise, drink 450-675 mL (16-24 oz) for each 0.5 kg or 1 lb lost.

Q31. Which of the following methods is MOST effective for monitoring moderate intensity cardiorespiratory exercise?

- * Percentage of HRR
- * HR at VT2
- * HR at VTI
- * Percentage of MaxHR

Q32. What enables a client to successfully deal with high-risk situations that may reduce adherence?

- * Goals
- * Skill level
- * Self-efficacy
- * Extrinsic motivation

Q33. 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?

- * Provide information from multiple sources and share the risks of being inactive
- * Help create a support group of people who are just adopting an exercise program.
- * Maintain a social network of support from family and friends as well as from within the exercise

environment.

- * Provide continued support and feedback, and identify things and event that are potential barriers and possible solutions.

Q34. During the initial interview, a client expresses concern about a weight loss goal. As the evening manager of a

fast food restaurant, the client works long hours and eats fast food throughout each shift. The clients spouse

has encouraged the client to hire a personal trainer. The personal trainer decides to use a written agreement to

do which of the following?

- * Outline the specific expectations of the client and the personal trainer.
- * Outline the schedule for training sessions and cancellation policies.
- * Review the goals of the client and match them to the program design.
- * Review the professional's approach to personal training and client expectations.

Q35. Which communication technique would be MOST effective during an initial interview with-a novice client

who is unsure about beginning an exercise program?

- * Show empathy and ask open-ended questions to further explore the client's uncertainty.
- * Explain to the client that improving self-efficacy will be the focus of the program.
- * Provide educational information to the client on the benefits of an exercise program.
- * Reassure the client that ambivalence is normal and continue with the goal-setting process.

Q36. A sedentary client comes to you with the goal of improving her cardiorespiratory fitness and decreasing body

fat. After three weeks of training with you, she shares that she is five weeks pregnant. Following her

physician's clearance, which of the following actions should be taken?

- * Advise her that her fat loss goal should be postponed and reduce the intensity of both her strength training and cardiorespiratory programs.
- * Suggest that in order to decrease her fat percentage, she should increase her exercise duration before her pregnancy limits her ability to seriously exercise.
- * Educate her that since she is a young healthy woman, no modifications need to be made in her program and that she can safely attain her goals.
- * Advise her that her fat loss goal should be postponed until after delivery and continue her exercise program to tolerance.

Q37. While assessing your new client's preferences and expectations, which verbal communication technique would you utilize to BEST gather information from your client?

- * Minimal encouragers
- * Informing responses
- * Matching responses
- * Probing responses

Q38. An individual approaches an ACE certified Personal Trainer to inquire about personal training. The individual has not been regularly active in over a year but is ready to lose about 30 lb (13.6 kg) of extra weight. The individual has made it to the gym only three times this month but is ready to become serious and wants to work with a trainer twice a week. What is this individual's current stage of change according to the transtheoretical model of behavioral change?

- * Action
- * Contemplation
- * Preparation
- * Precontemplation

Q39. Which muscle groups engage and activate to elevate the hips off the floor into hip extension?

- * Core and hamstring
- * Gluteal and calf
- * Calf and hamstring
- * Core and gluteal

Q40. An ACE certified Personal Trainer is educating a client on how to read a food label. On the label, there are 260 calories per serving, with three servings per package. There are 15 grams of carbohydrates and 10 grams of fat in each serving size. How many calories from fat are in the entire package?

- * 270
- * 200
- * 90
- * 120

Q41. Which of the following describes proper performance of the bench press exercise?

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

Q42. What program variable should an ACE certified Personal Trainer consider when dealing with a client who has a history of shoulder impingement syndrome?

- * Modify the workout only if shoulder pain recurs with a certain exercise.
- * Eliminate any overhead pressing movements to prevent any aggravation.
- * Instruct the client to circumduct the arm to warm up the shoulder joint.
- * Stretch the anterior ligaments of the shoulder prior to strength training.

Q43. 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?

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

Q44. Which of the following strategies should the personal trainer use to help prevent knee pain in a client who has excessive hip adduction during a squat?

- * Increase the strength of the quadriceps and quadratus lumborum.
- * Increase the strength of the quadriceps and hamstrings.
- * Increase the strength of the hip adductors and peroneals.
- * Increase the strength of the gluteals and quadratus lumborum.

Q45. Which is one key component of a SMART goal?

- * That it be reliable
- * That It be meaningful
- * That it be special
- * That it be time-bound

Q46. What would be an appropriate posting on an ACE certified Personal Trainer's professional social media homepage?

- * Try out this great diet supplement to lose a quick five pounds.
- * Job hunting ready to move on Please contact me with any opportunities.
- * Check out this new research article about five-finger shoes.
- * Congrats to my client Mary who finally lost those last 10 pounds!

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