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Exam : **ACE Personal Trainer**

Title : American Council on
Exercise (ACE) Personal
Traniner (PT)

Version : DEMO

1. Where should an ACE certified Personal Trainer store confidential personal information regarding clients?

- A. At the front desk of the facility
- B. In the personal trainer's station in a folder
- C. In a locked cabinet
- D. In the trainer's car

Answer: A

2. 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

3. Which would be the proper progression when working with an individual trying to improve static balance?

- A. Raising arms overhead, wide to narrow stance, leaning or rotating trunk, and closing eyes
- B. Raising arms overhead, wide to narrow stance, closing eyes, and leaning or rotating trunk
- C. Wide to narrow stance, raising arms overhead, closing eyes, and leaning or rotating trunk
- D. Wide to narrow stance, raising arms overhead, leaning or rotating trunk, and closing eyes

Answer: B

4. During a submaximal graded exercise test on a treadmill, an ACE certified Personal Trainer measures a 15 mmHg decrease in a client's systolic blood pressure when the workload is increased.

What should the trainer do?

- A. Nothing this is an expected response to graded exercise.
- B. Measure again at the next stage.
- C. Reduce the intensity and continue the test.
- D. Immediately terminate the test.

Answer: A

5. Which of the following is closest to the MAXIMUM recommendation for safe weight loss?

- A. 14 lb (6 kg) in three months
- B. 15 lb (7 kg) in four months
- C. 24 lb (11 kg) in two months
- D. 30 lb (14 kg) in four months

Answer: A