

Ace Personal Trainer Practice Test 1

Questions with accurate answers, 2022/2023. Rated A

Suggest scheduling her workout sessions before work or during her lunch hour. - ✓✓ Julie has just completed an exercise confidence survey as a part of her initial consultation. She indicated that she has low confidence her ability to stick with an exercise program after a long, tiring day at work. What is the best strategy to enhance Julie's adherence to her exercise program?

Tight upper trapezius overpowering weakness in the middle lower trapezius. - ✓✓ When performing a seated row exercise, you notice that the clients shoulders rise up toward his ears during each repetition. What is most likely causing this movement error?

Putting your hand where the clients head should be and instructing her to glide her head back to touch your hand. - ✓✓ What is most appropriate method for correcting a clients form during an exercise in which the client demonstrates an undesirable forward-head posture?

Your food diary revealed that you are taking an amount of vitamins that could potentially lead to health problems. I encourage you to adopt the principles of the USDA dietary guidelines for Americans and discuss your supplementation habits with your physician. - ✓✓ Your new client Sarah is a strong believer in the practice of vitamin supplementation. After reviewing her three day food diary which includes her supplement schedule you determine that Sarah is taking megadoses of vitamin B6 B12 and niacin. Which of the following statements would be most appropriate when addressing Sarah regarding her supplementation practice?

She is at risk for health problems due to excess abdominal fat. - ✓✓ The initial assessment with a new client reveals that her waistline circumference is 35 inches and her hip circumference is 34 inches which of the following statements about these measurements is most accurate?.

Acknowledge her enthusiasm and help her develop more realistic goal and a series of achievable steps to work towards them. - ✓✓ During the initial interview a new client claims "i want to lose 15 pounds in the next month for my high school reunion" which of the following responses would be most appropriate?

Expertrating Personal Trainer Test Answers

Judd E. Hollander



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