

# ACE Group Fitness Practice Test Questions and Answers

## 1. What does ACE stand for in fitness certification?

- A) American Council on Exercise
- B) Advanced Cardiovascular Education
- C) Athletic Conditioning Excellence
- D) Aerobic Certification Exam

## 2. What is the recommended target heart rate zone for moderate-intensity exercise?

- A) 40-50% of maximum heart rate
- B) 50-70% of maximum heart rate
- C) 70-85% of maximum heart rate
- D) 85-95% of maximum heart rate

## 3. Which component should be included in every group fitness warm-up?

- A) High-intensity intervals only
- B) Dynamic movements that prepare the body for exercise
- C) Static stretching only
- D) Maximum effort exercises

## 4. What is the primary responsibility of a group fitness instructor?

- A) Diagnosing injuries
- B) Providing safe, effective, and enjoyable fitness experiences
- C) Prescribing medical treatments
- D) Creating individualized meal plans

Answers: 1-A 2-B 3-B 4-B

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