

ACE Medical Exercise Specialist Practice Test Questions and Answers

1. What is the primary role of an ACE Medical Exercise Specialist when working with clients who have chronic conditions?

- A) Diagnosing medical conditions independently
- B) Designing safe, effective exercise programs within medical guidelines
- C) Prescribing medications for chronic conditions
- D) Replacing medical treatment with exercise therapy

2. Which exercise modification is most appropriate for clients with cardiovascular disease?

- A) High-intensity interval training from the beginning
- B) Gradual progression with heart rate monitoring and physician clearance
- C) Avoiding all physical activity completely
- D) Maximum effort resistance training immediately

3. When working with diabetic clients, what is the most important safety consideration during exercise sessions?

- A) Ignoring blood glucose levels during exercise
- B) Monitoring for signs of hypoglycemia and having appropriate interventions ready
- C) Encouraging fasting before all exercise sessions
- D) Focusing only on high-impact cardiovascular activities

4. What is the recommended approach for exercise progression in clients with arthritis?

- A) Aggressive high-impact exercises to strengthen joints
- B) Low-impact activities with gradual progression and joint protection principles
- C) Complete rest and avoidance of all movement
- D) Weight-bearing exercises only during flare-ups

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

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