

ACE Personal Trainer Practice Test Questions and Answers

1. What does ACE stand for in fitness certification?

- A) American Council on Exercise
- B) Advanced Certification in Exercise
- C) Athletic Conditioning Excellence
- D) Academy of Certified Educators

2. How many continuing education credits (CECs) are required to maintain ACE Personal Trainer certification?

- A) 10 CECs every 2 years
- B) 20 CECs every 2 years
- C) 15 CECs every 3 years
- D) 30 CECs every 2 years

3. According to ACE guidelines, what is the recommended frequency for resistance training for general fitness?

- A) 1-2 times per week
- B) 2-3 times per week
- C) 4-5 times per week
- D) Daily

4. What is the ACE Integrated Fitness Training (IFT) Model's first phase?

- A) Movement Training
- B) Load Training
- C) Performance Training
- D) Stability and Mobility Training

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

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