

**1. What is the foundation of ACE's approach to fitness training?**

- A) High-intensity training for all clients
- B) Evidence-based exercise science and individualized programming
- C) One-size-fits-all workout routines
- D) Focus on aesthetic goals exclusively

**2. Which assessment is most important before beginning a client's exercise program?**

- A) Fitness equipment preferences
- B) Health history screening and movement assessment
- C) Previous gym membership history
- D) Financial capacity for training

**3. How should ACE certified trainers approach client motivation?**

- A) Use intimidation and criticism
- B) Apply motivational interviewing and positive reinforcement
- C) Ignore client preferences and concerns
- D) Focus only on physical performance metrics

**4. What is essential for maintaining ACE certification?**

- A) No continuing education required
- B) Continuing education units and staying current with industry standards
- C) Annual exam retakes only
- D) Membership fee payments exclusively

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

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