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## **Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q63-Q68):**

### **NEW QUESTION # 63**

Those clients with osteoporosis or low bone density must be treated carefully. These clients have a higher risk for bone fracture. Which of the following should be avoided?

- A. Walking on the treadmill
- B. Using free weights or resistance bands
- **C. Vertical jumps and vertical trunk flexion**
- D. Balance exercises

**Answer: C**

Explanation:

Osteoporosis is a condition characterized by weakened bones, which significantly increases the risk of fractures. People with this condition or with low bone density should therefore be handled with particular care during physical activities and exercises. Given this context, it is essential to understand which types of exercises are less advisable and why.

Among the options provided, "Vertical jumps and vertical trunk flexion" should be avoided for clients with osteoporosis or low bone

density. Vertical jumps involve high-impact movements where both feet leave the ground, and the bones must absorb a significant amount of force upon landing. This type of impact can be too stressful for weakened bones, potentially leading to fractures. Similarly, exercises involving vertical trunk flexion, such as certain types of bending or twisting movements, can also pose a risk. These activities place additional pressure on the spine, which is particularly vulnerable in individuals suffering from osteoporosis. The spinal vertebrae can become compressed or fractured if subjected to excessive force or awkward movements.

In contrast, other options listed such as walking on a treadmill, using free weights or resistance bands, and balance exercises are generally safer and beneficial. Walking is a low-impact, weight-bearing exercise that helps in maintaining bone density without subjecting the bones to excessive stress. Using free weights or resistance bands can help in strengthening the muscles and bones without high impact or sudden, jarring movements.

Balance exercises are also crucial as they help improve coordination and prevent falls, which are a common cause of fractures in individuals with osteoporosis. These exercises typically involve low or no impact movements and can be adjusted to suit the individual's capability and risk level.

In summary, when dealing with clients who have osteoporosis or low bone density, it is advisable to avoid high-impact exercises and movements that stress the spine, such as vertical jumps and vertical trunk flexion. Instead, focus should be on low-impact, weight-bearing, and resistance-training exercises that help improve bone strength and stability while minimizing the risk of injury.

#### NEW QUESTION # 64

Amenorrhea is best defined as:

- A. none of the above
- B. the disturbance in the way his or her body weight, size, or shape is experienced
- **C. the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur**
- D. undue influence of body weight

**Answer: C**

Explanation:

Amenorrhea is a medical term used to describe the absence of menstrual periods in a woman who is of reproductive age. It can be classified into two types: primary amenorrhea and secondary amenorrhea. Primary amenorrhea refers to the condition where a female has not started menstruating by the age of 16, whereas secondary amenorrhea is defined as the cessation of menstrual periods in a woman who has previously menstruated regularly and experiences the absence of menstruation for three consecutive cycles or more.

The most precise definition of amenorrhea, as given in the options above, would be "the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur." This definition specifically addresses secondary amenorrhea, which is more common than primary amenorrhea. Secondary amenorrhea can be caused by a variety of factors including hormonal imbalances, excessive physical exercise, eating disorders such as anorexia nervosa, stress, and certain medical conditions affecting the reproductive system or the endocrine system.

It is important to note that the cessation of menstrual cycles as mentioned in the question can lead to several other health complications. For instance, the reference to anorexia nervosa highlights how severe eating disorders can interrupt normal menstrual cycles due to extreme weight loss and malnutrition. This disruption in the menstrual cycle is just one aspect of the broader spectrum of health issues caused by such disorders, including cardiovascular problems like arrhythmias, severe nutrient deficiencies, and even life-threatening conditions.

Therefore, while the other options provided in the question might relate to symptoms or consequences associated with amenorrhea (such as those seen in eating disorders), the most accurate and straightforward definition of amenorrhea in a clinical sense is "the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur." This definition underscores the condition's specificity to the reproductive health of women, separate from the broader medical or psychological issues that might also be present.

#### NEW QUESTION # 65

Flexion and extension occur in many joints in the body including the:

- A. Biceps and triceps
- B. A and B
- **C. Shoulder, elbow, wrist, hip, knee, foot and hand**
- D. None of the above

**Answer: C**

Explanation:

Flexion and extension are two fundamental types of movement that occur at various joints throughout the human body. These movements are crucial for performing daily activities and are central to human biomechanics.

Flexion is the movement that decreases the angle between two body parts. For example, when you bend your elbow or your knee, you are performing flexion. This movement essentially brings two parts of a limb closer together. Flexion is not limited to the limbs; it also occurs in other parts of the body such as the spine.

Extension is the opposite of flexion; it involves increasing the angle between two body parts. When you straighten your leg at the knee or your arm at the elbow, you are performing extension. Extension returns a body part to its anatomical position after it has been flexed. Like flexion, extension can occur in various parts of the body including the vertebral column.

The joints where flexion and extension movements are most prominent include: - **Shoulder**: Allows for both flexion (raising the arm forward) and extension (moving the arm backward). - **Elbow**: Primarily known for flexion (bending the arm) and extension (straightening the arm). - **Wrist**: Capable of flexion (bending the wrist downward) and extension (bending the wrist upward). - **Hip**: Involved in flexion (lifting the thigh towards the abdomen) and extension (moving the thigh backward). - **Knee**: Primarily performs flexion (bending the knee) and extension (straightening the knee). - **Foot**: Engages in flexion (pointing the toes down) and extension (pointing the toes up). - **Hand**: Exhibits flexion (curling the fingers) and extension (straightening the fingers).

Understanding these movements is important for various fields such as physical therapy, sports science, and orthopedics. Proper function of flexion and extension is essential for mobility and activity, and impairment in these movements can significantly affect a person's quality of life. Thus, the joints of the shoulder, elbow, wrist, hip, knee, foot, and hand are all critical sites where flexion and extension occur, enabling a wide range of movements necessary for everyday tasks and athletic activities.

#### NEW QUESTION # 66

Protein provides \_\_\_\_\_ calories per gram ingested.

- A. 0
- **B. 1**
- C. 2
- D. 3

#### Answer: B

Explanation:

Protein provides **4** calories per gram ingested. This value is a measure of how much energy is released from metabolizing proteins in the diet. Proteins are essential macronutrients that play a critical role in building and repairing tissues, making enzymes and hormones, and supporting immune function. They are polymers composed primarily of amino acids linked by peptide bonds. There are twenty different amino acids that can combine in various sequences to form a protein. The specific sequence of amino acids determines the protein's structure and function.

Proteins can be sourced from both animal and plant-based foods. Animal-based proteins, such as those found in meats, fish, eggs, and dairy products, are considered complete proteins because they contain all nine essential amino acids that the human body cannot synthesize on its own. Plant-based proteins, found in foods like beans, nuts, and whole grains, often lack one or more of the essential amino acids but can be combined with other plant sources to form a complete protein profile.

Despite the common perception that higher protein intake is primarily associated with animal foods, it is entirely feasible to meet protein requirements from a plant-based diet. This can be advantageous as plant-based diets are often lower in saturated fats and higher in dietary fiber, which can contribute to improved heart health and other benefits. It is important for those following a vegetarian or vegan diet to plan their meals to ensure they consume a variety of proteins that together provide all essential amino acids.

Understanding that proteins provide 4 calories per gram can help individuals better manage their dietary intake and energy balance, especially when aiming for specific health and fitness goals. This knowledge assists in meal planning and ensuring a balanced intake of nutrients necessary for optimal body function.

#### NEW QUESTION # 67

Suspension training allows individuals to manipulate body position and stability to provide a variety of exercises. An example of suspension training would be:

- A. ABX
- **B. TRX**
- C. none of the above
- D. ACX

#### Answer: B

#### Explanation:

Suspension training is a form of resistance training that includes bodyweight exercises in which a variety of multi-planar, compound exercise movements can be performed. These are done with the aim of developing strength, balance, flexibility, and joint stability simultaneously. Suspension training equipment, such as the TRX Suspension Trainer, uses gravity and the user's body weight to complete the exercises.

An example of suspension training would be the TRX system. TRX stands for Total Resistance Exercises and is a specialized form of suspension training that was originally developed by a former Navy SEAL. It involves using equipment made from webbing and ropes that allows users to work against their own body weight. The TRX system is designed to be portable and can be set up anywhere with an anchor point, such as a door frame, tree, or sturdy overhead beam.

TRX training allows for a wide range of exercises that can target different parts of the body. By adjusting the position of the feet or hands, the level of difficulty can be altered, making the exercises accessible for beginners and challenging for advanced athletes. This type of training emphasizes core stability and functional fitness, which are crucial for improving performance in sports and daily activities.

Bodyweight exercises, as utilized in TRX training, are effective for developing muscular strength and endurance without the need for traditional weight lifting equipment. These exercises encourage the body to maintain proper alignment and balance, thus teaching effective movement patterns that are beneficial for overall physical fitness.

In summary, the TRX system is a prime example of suspension training, offering a versatile, effective, and accessible way to exercise using one's own body weight for resistance. This method is particularly beneficial for those looking to improve functional strength, flexibility, and body stability.

#### NEW QUESTION # 68

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