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## 최신 Fitness NESTA NESTA-PFT 무료 샘플 문제 (Q33-Q38):

### 질문 # 33

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

정답: A

### 설명:

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.

### 질문 # 34

The average person who does resistance training should intake how many grams of protein per kg. of body weight?

- A. 1.2 - 1.7
- B. 2.0
- C. 1.8
- D. 1.0

정답: A

### 설명:

The average person who engages in resistance training should ideally consume between 1.2 to 1.7 grams of protein per kilogram of body weight each day. This recommendation is based on a broad consensus among sports nutritionists and dietetic associations which suggest that this range is sufficient to support muscle repair, growth, and overall recovery needed from the stress of weightlifting or resistance exercises.

Protein is a crucial macronutrient in the diet of individuals performing resistance training because it contains amino acids, which are the building blocks for muscle. After engaging in resistance training, muscles undergo wear and tear, and the intake of adequate protein facilitates the repair and growth of these muscle fibers. Consuming protein in the suggested range (1.2 - 1.7 grams per kg of body weight) helps ensure that the muscles receive enough amino acids to undergo this essential process.

It is important to note that individual protein needs can vary based on several factors including age, gender, the intensity of exercise, overall health, and specific training goals (such as muscle gain or fat loss). For example, athletes aiming for muscle mass gain might need protein at the higher end of the recommended spectrum or even slightly above it. Conversely, those who are more interested in general fitness might find the lower end of the range adequate.

Additionally, some people might respond differently to various levels of protein intake due to differences in metabolism, digestion, and other physiological factors. These individual variations can affect how well one adheres to their caloric needs and nutrition goals. Therefore, it's beneficial for individuals to monitor their body's response to different protein intakes and adjust accordingly, possibly with the guidance of a dietitian or a nutritionist.

In summary, while the general guideline for protein intake for those involved in resistance training is 1.2 to 1.7 grams per kilogram of body weight, this amount may need to be tailored to meet personal health requirements and fitness goals. Monitoring how your body responds to different levels of protein can be key to finding the optimal intake for supporting muscle repair, growth, and overall training outcomes.

### 질문 # 35

With exercise, the amount of insulin injected for controlling blood glucose levels can be \_\_\_\_\_ in those with Type I Diabetes.

- A. none of the above
- B. increased
- C. the same
- D. lowered

정답: D

#### 설명:

The correct answer to the question "With exercise, the amount of insulin injected for controlling blood glucose levels can be \_\_\_\_\_ in those with Type I Diabetes." is "lowered." Exercise has a significant impact on the management of diabetes, particularly for individuals with Type I Diabetes. Regular physical activity is beneficial because it increases insulin sensitivity. This means that the cells of the body become better at absorbing sugar (glucose) from the bloodstream and using it for energy, which helps to lower blood sugar levels. As a result, the need for insulin injections, which are used to manage blood glucose levels, may decrease.

When an individual with Type I Diabetes engages in exercise, their body demands more glucose to fuel the muscles. Increased insulin sensitivity during and after exercise allows the muscles to use glucose more efficiently. Thus, less supplemental insulin might be needed to maintain blood glucose levels within a normal range. However, it is crucial for patients to monitor their blood sugar closely because physical activity can also potentially lead to hypoglycemia (low blood sugar levels).

It is important to note that while exercise can reduce the amount of insulin required, it does not eliminate the need for insulin in those with Type I Diabetes. The specific amount of insulin reduction can vary depending on the intensity and duration of the exercise, as well as individual responses, so personalized adjustments should be made under medical guidance.

In summary, consistent exercise is an effective tool for managing blood sugar levels in individuals with Type I Diabetes, potentially allowing for a reduction in the amount of insulin they need to inject. This adjustment helps in achieving better overall blood glucose control, contributing to the long-term health and well-being of those affected by this condition. However, any changes to insulin dosage should always be made in consultation with healthcare providers.

### 질문 # 36

R.I.C.E. stands for Rest, Ice, Compression and Elevate. It is best administered:

- A. On the bruised area
- B. At night
- C. At the onset of an injury
- D. 48 hours after the injury occurred

정답: C

#### 설명:

The acronym R.I.C.E. stands for Rest, Ice, Compression, and Elevation. It is a first aid treatment used to manage soft tissue injuries such as sprains, strains, and bruises. This method helps reduce swelling, pain, and inflammation and promotes quicker healing of the injured area.

The reason why R.I.C.E. is best administered at the onset of an injury is due to the immediate effects it has on minimizing swelling and preventing further injury. When an injury occurs, the damaged tissues release chemicals that cause fluid to leak into the tissues, leading to swelling and pain. Applying R.I.C.E. steps promptly can help control this process.

\*Rest\* is crucial as it prevents further strain or stress on the injured area, which could worsen the damage. \*Ice\* helps in narrowing blood vessels, which reduces the flow of blood and other fluids into the injured area, thereby minimizing swelling and providing a numbing effect to dull the pain. \*Compression\* involves wrapping the injured area with a bandage or a compression wrap to help

decrease swelling. Finally, \*Elevation\* means raising the injured part above the level of the heart to reduce blood flow to the area, which helps in reducing swelling and pain.

Implementing R.I.C.E. immediately after the injury provides the best chance to reduce pain and swelling quickly. Delaying this treatment, such as waiting until nightfall or 48 hours after the injury occurred, can allow time for swelling to increase and can complicate the healing process.

Therefore, it is beneficial for individuals such as athletes, coaches, and personal trainers to be familiar with and ready to apply R.I.C.E. at the first sign of any soft tissue injury. This proactive approach ensures that the injured individual receives immediate care, which can significantly impact the overall recovery time and effectiveness of the treatment.

### 질문 # 37

Many people find physical activity draining and a chore. This is not desirable. You want your client to have an enjoyable experience in order to increase program adherence. You can do this by:

- A. none of the above
- B. finding out what kinds of activities they like to do.
- C. insisting on weight training for maximum results
- D. scheduling them for a fitness class

정답: B

### 설명:

It's essential for the success of any fitness program that the participant finds the activities enjoyable and engaging. This not only enhances their overall experience but also significantly increases the likelihood of adherence to the program. Here's an expanded explanation of how to achieve this:

The first step is to understand the preferences of the client. This involves discovering the types of physical activities they enjoy. People vary greatly in their interests; some might prefer low-intensity, rhythmic activities like yoga or pilates, while others might find joy in more dynamic and high-energy activities like dancing or competitive sports. The key is to align the fitness program with these interests as closely as possible.

For instance, if a client expresses a dislike for traditional gym workouts such as weight-lifting but shows an interest in dance, it would be beneficial to incorporate dance-oriented fitness classes like Zumba or STEP into their regimen. These classes combine music and choreographed dance moves, offering a fun and exciting way to exercise that might appeal more to someone who enjoys dancing. Utilizing questionnaires can be an effective approach to gather detailed information about a client's preferences and attitudes towards different forms of exercise. These insights can help tailor a fitness program that feels less like a chore and more like an enjoyable activity. By asking the right questions, trainers can uncover invaluable information that aids in designing a program that is not only effective but also motivates the client to remain consistent.

Insisting on a particular type of exercise, such as weight training, regardless of the client's interest, might lead to a lack of motivation and decrease program adherence. It's crucial to balance the program's effectiveness with the client's enjoyment. If weight training is necessary, it might be introduced gradually or combined with other preferred activities to make the experience more enjoyable. Finally, scheduling them for a fitness class in an activity they enjoy can also provide a social dimension, which is often motivating. Being part of a class can create a community feeling and add a layer of commitment through social interactions with peers who share similar interests. In conclusion, understanding and integrating a client's interests into their fitness program is essential. It not only makes the physical activities more enjoyable but also increases the likelihood of long-term adherence, ultimately leading to better health outcomes.

### 질문 # 38

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