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NESTA PFT Exam questions with complete solutions

Registered Dietitian correct answer: Individuals trained in nutrition, food chemistry, diet planning and graduated from a college program accredited by the ADA

The protein requirement of children is ____ (blank) than that of an adult. correct answer: slightly higher

Omega-3 and omega-6 fatty acids are ____ (blank) correct answer: polyunsaturated fats

A trans fat is correct answer: An unsaturated fat that has been hydrogenated

Glucose is a ____ (blank) correct answer: simple sugar

This substance affects athletic performance more than any other nutrient correct answer: Protein

Starch and fiber are examples of which kind of carbohydrate correct answer: polysaccharide

Nutrients that should be consumed 15-60 minutes following exercise to enhance recovery and development correct answer: protein and carbohydrates

Triglycerides are ____ (blank) correct answer:

The RDA represents amounts of nutrients found to be adequate for approximately ____ (blank) of the population correct answer:

Carbohydrate loading prior to an endurance event is designed to maximize ____ (blank) correct answer:

Nutrient dense carbohydrate sources include correct answer: pasta, fruit and sweetened low-fat dairy products

According to Anshel (2007), exercise psychology evolves around which topics? correct answer:

1. Motivation
2. Barriers of exercise
3. Exercise adherence
4. Exercise dependence (addiction)
5. Exercise's relationship with mental health issues
6. Interventions
7. Cognitive and behavioral strategies and their effect on exercise
8. Personality traits and characteristics of exercisers

A client who is experiencing a low blood sugar and feeling faint is demonstrating symptoms of ____ (blank) correct answer: Hypoglycemic reaction

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Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q46-Q51):

NEW QUESTION # 46

Positive feedback points out things done well and _____.

- A. points out unsuccessful strategies
- **B. encourages future adherence.**
- C. none of the above
- D. yields frustration to the client

Answer: B

Explanation:

The question asks for a completion to the statement about what positive feedback accomplishes beyond acknowledging things done well. From the provided options, the most fitting completion to the statement is that positive feedback "encourages future adherence." Positive feedback, when given effectively, serves a dual purpose. Firstly, it acknowledges and reinforces what has been done well. This recognition not only boosts the confidence of the recipient but also clearly identifies the actions or behaviors that are desirable and effective. Such feedback makes it clear which actions met or exceeded expectations, serving as a reinforcement that encourages the repetition of these behaviors.

Secondly, and equally importantly, positive feedback encourages future adherence to desired practices or behaviors. When individuals understand that certain actions lead to positive recognition, they are more likely to repeat these actions. This encouragement of future adherence is crucial in settings such as workplaces, educational environments, or personal development scenarios. By positively reinforcing desired outcomes, the feedback giver subtly guides the recipient towards maintaining or even improving their performance in line with expected standards.

It is essential to highlight why simply pointing out things done well isn't the sole function of positive feedback. The encouragement of future adherence not only motivates continued effort but also helps in building habits and routines that align with desired outcomes. This aspect of feedback is proactive, aiming not just to maintain current standards but to foster an environment of continuous improvement.

In conclusion, while positive feedback certainly highlights successful actions, its role extends beyond mere acknowledgment. It serves as a strategic tool to motivate, guide, and ensure consistent adherence to desired behaviors or practices, making it invaluable in any context where improvement and consistency are goals.

NEW QUESTION # 47

An example of acute adaptations that occur immediately after, and sometimes during exercise are:

- A. stroke volume
- B. cardiac output
- **C. A and B**
- D. increased blood flow

Answer: C

Explanation:

When considering the physiological responses to exercise, it's important to differentiate between acute and chronic adaptations. Acute adaptations refer to the immediate, temporary changes that occur in the body's systems in response to a single bout of exercise. Chronic adaptations, on the other hand, refer to the long-term changes that develop after repeated exercise sessions over a period of time.

One prime example of an acute adaptation is the increase in stroke volume. Stroke volume is the amount of blood ejected from the left ventricle of the heart with each heartbeat. During exercise, the body needs more oxygen and nutrients, which are carried to the muscles by the blood. To meet this increased demand, the heart pumps more blood with each beat, thereby increasing the stroke volume. This adaptation helps to deliver more blood, and consequently more oxygen and nutrients, to working muscles during exercise.

Another acute adaptation related to the cardiovascular system is the increase in cardiac output. Cardiac output is defined as the volume of blood pumped by the heart per minute, and it is calculated by multiplying the stroke volume by the heart rate. As both stroke volume and heart rate increase during exercise, cardiac output significantly rises. This increase is crucial for enhancing blood

flow to the muscles, skin, and other organs, facilitating the transfer of oxygen, carbon dioxide, and metabolites. Increased blood flow itself is a crucial acute adaptation during exercise. As muscles become active, they require more blood supply. The blood vessels in those muscles dilate, a process known as vasodilation, which increases blood flow to those areas. This not only supports increased metabolic activity but also aids in the removal of waste products like carbon dioxide and lactic acid. Enhanced blood flow also helps in regulating body temperature during physical activity through the process of sweating. In summary, acute adaptations like increased stroke volume, cardiac output, and blood flow are critical for meeting the heightened demands of tissues during exercise. These adaptations are immediate responses of the body to facilitate physical activity and maintain homeostasis. Understanding these physiological changes is essential for optimizing exercise performance and preventing injuries.

NEW QUESTION # 48

Effective leadership qualities include:

- A. dedication and working as a positive role model
- **B. all of the above**
- C. punctuality
- D. professional conduct and appearance

Answer: B

Explanation:

Effective leadership qualities encompass a broad range of attributes and behaviors that enhance an individual's ability to lead a team or organization effectively. Let's delve deeper into each of these qualities mentioned in the question:

****Punctuality**

**** - Being punctual is often taken as a sign of respect towards others' time and commitments. A leader who consistently arrives on time for meetings, deadlines, and appointments sets a positive example for their team, emphasizing the value of time management and reliability. This behavior not only builds trust but also establishes a standard of accountability within the team.**

****Professional Conduct and Appearance** - Professionalism in conduct and appearance is crucial in setting the tone for the work environment. It involves adhering to ethical standards, demonstrating respect and fairness, and managing conflicts or challenges with tact and diplomacy. Moreover, a professional appearance can often contribute to the perception of competence and authority. These elements are instrumental in gaining and sustaining the respect and confidence of peers, subordinates, and stakeholders.**

****Dedication and Working as a Positive Role Model** - Dedication refers to the commitment a leader shows towards their role, responsibilities, and the goals of the organization. This quality is infectious and can motivate employees to exhibit the same level of commitment. Furthermore, working as a positive role model involves demonstrating the behaviors and attitudes that leaders wish to see in their team members. This includes showing resilience in the face of challenges, a strong work ethic, and a positive attitude. By embodying the qualities they advocate, leaders strengthen their influence and inspire their teams to strive for excellence.**

****All of the Above** - While each of these qualities individually contributes to effective leadership, the combination of all these traits significantly enhances a leader's effectiveness. This comprehensive skill set enables leaders to command respect, inspire trust, and effectively guide their teams toward achieving organizational goals.**

****Importance of Establishing Credibility** - While all the qualities mentioned help in building a leader's credibility, it is particularly crucial for leaders to demonstrate in-depth knowledge in their field of expertise. This not only involves being well-versed in the core subjects but also staying updated with the latest trends, developments, and issues relevant to their industry. Keeping certifications current and engaging in continuous professional development are practical ways to maintain and enhance expertise. Credibility established through expertise and continual learning encourages confidence among team members and stakeholders, fostering a culture of trust and respect. In summary, effective leadership is multi-dimensional and context-dependent. The qualities mentioned are fundamental, but the most impactful leaders are those who continuously evolve and adapt their leadership style to meet the needs of their teams and the challenges of their environments.**

NEW QUESTION # 49

The oxidative system is the body's long-term energy system. It breaks down carbohydrates (glucose and glycogen) and _____ from the foods in order to synthesize ATP.

- A. Carbohydrates
- B. None of the above
- **C. Fats**
- D. Sugar

Answer: C

Explanation:

The correct completion for the statement "The oxidative system is the body's long-term energy system. It breaks down carbohydrates (glucose and glycogen) and _____ from the foods in order to synthesize ATP." is "fats." The oxidative system, also known as the aerobic system, is one of the three primary energy systems in the human body, alongside the phosphagen and glycolytic systems. This system is primarily utilized during prolonged periods of exercise or activities that last longer than a couple of minutes. Its hallmark is the use of oxygen to convert nutrients from food into usable energy.

The oxidative system breaks down carbohydrates and fats into smaller molecules that can be used to produce adenosine triphosphate (ATP), the chemical energy currency of the cell. Carbohydrates are broken down into glucose and glycogen, while fats are broken down into fatty acids and glycerol. Both of these processes occur in the mitochondria of cells, where oxygen is used to help convert these substrates into ATP through a series of complex biochemical pathways, including the Krebs cycle and the electron transport chain.

Fats are a vital energy source for the oxidative system, especially during extended periods of low to moderate intensity exercise, when carbohydrate stores may start depleting. Fats provide a more concentrated energy source, offering more than double the kilocalories per gram compared to carbohydrates (9 kcal/g for fats versus 4 kcal/g for carbohydrates). This makes fats an efficient fuel during enduring activities, although their breakdown process is slower compared to carbohydrates, requiring more oxygen for the same amount of energy produced.

Good fats, like those found in olive oil and avocados, are not only important for energy production but also for the absorption of fat-soluble vitamins, hormonal balance, and cellular function. These unsaturated fats are considered healthier choices because they can help reduce inflammation and are associated with lower risks of heart diseases.

In summary, the oxidative system is crucial for long-term energy production, relying heavily on the breakdown of both carbohydrates and fats in the presence of oxygen to synthesize ATP, which is essential for sustaining prolonged physical activities.

NEW QUESTION # 50

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

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 # 51

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