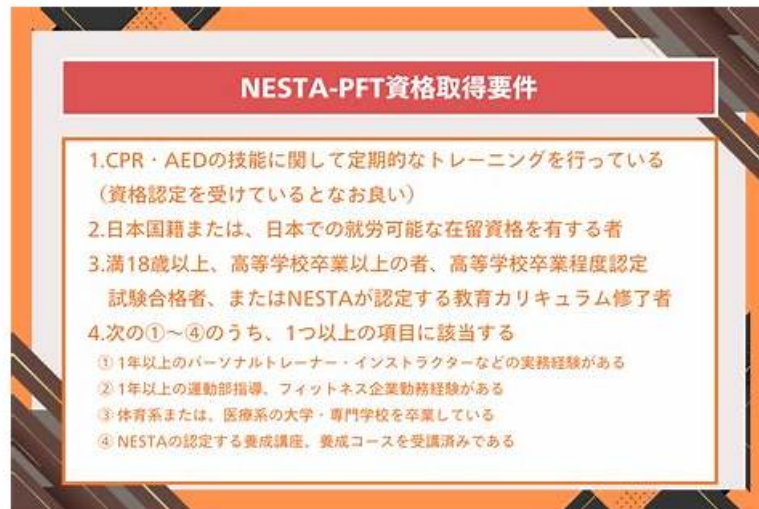


NESTA-PFT日本語復習赤本、NESTA-PFT的中合格問題集



ちなみに、Pass4Test NESTA-PFTの一部をクラウドストレージからダウンロードできます：<https://drive.google.com/open?id=1aGuTD5IkuXrhXeKPaFurLbqMR27ruxII>

21世紀には、{Examcode}認定は受験者の特定の能力を表すため、社会でますます認知されるようになりました。ただし、{Examcode}認定を取得するには、NESTA-PFT試験の準備に多くの時間を費やす必要があります。NESTA-PFT模擬試験を購入すると、当社のウェブサイトはプロの技術を使用してすべてのユーザーのプライバシーを暗号化し、ハッカーの盗用を防ぎます。私たちは、ビジネスがお客様のために十分に考慮された場合にのみ継続できると考えているため、当社の評判を損なうような行為は一切行いません。NESTA-PFT試験問題に完全な信頼を寄せていただければ幸いです。失望することはありません。

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>> NESTA-PFT日本語復習赤本 <<

Fitness NESTA-PFT的中合格問題集 & NESTA-PFT模擬対策問題

一般的には、IT技術会社ではFitness NESTA-PFT資格認定を持つ職員の給料は持たない職員の給料に比べ、15%より高いです。これなので、IT技術職員としてのあなたはPass4TestのFitness NESTA-PFT問題集デモを参考し、試験の準備に速く行動しましょう。我々社はあなたがFitness NESTA-PFT試験に一発的に合格するために、最新版の備考資料を提供します。

Fitness NESTA Personal Fitness Trainer (NESTA-PFT) 認定 NESTA-PFT 試験問題 (Q35-Q40):

質問 # 35

Positive feedback points out things done well and _____.

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

正解: B

解説:

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.

質問 # 36

Fat soluble vitamins include:

- A. C
- **B. A, D, E and K**
- C. the B-vitamins
- D. all of the above

正解: B

解説:

The question presented is asking which group of vitamins are classified as fat-soluble. Fat-soluble vitamins are those that dissolve in fats and oils and are stored in the body's fatty tissues as well as the liver. They are different from water-soluble vitamins, which the body does not store; excess water-soluble vitamins are typically excreted in urine.

The correct answer to the question is "A, D, E, and K." These vitamins are all fat-soluble. Here is a brief overview of each: -

****Vitamin A****: Essential for normal vision, the immune system, and reproduction. Vitamin A also helps the heart, lungs, kidneys, and other organs work properly. It is found in foods like carrots, sweet potatoes, and liver. - ****Vitamin D****: Crucial for the absorption of calcium, and it plays a significant role in bone health. It can be obtained from exposure to sunlight, from foods such as fatty fish, and from dietary supplements. - ****Vitamin E****: Acts primarily as an antioxidant, helping to protect cells from damage. It also plays a role in the immune system, skin health, and cell function. Common sources include vegetable oils, nuts, and green leafy vegetables. - ****Vitamin K****: Important for blood clotting and bone health. It is found in green leafy vegetables, vegetable oils, and some fruits.

Fat-soluble vitamins are stored in the liver and fatty tissues for future use, which means they do not need to be consumed as frequently as water-soluble vitamins. However, because the body stores these vitamins, it is possible to accumulate toxic levels, particularly if an individual consumes high-dose supplements.

The other options listed in the question (the B-vitamins and vitamin C) are incorrect because these are water-soluble vitamins.

Water-soluble vitamins are not stored in the body to a significant extent and are generally excreted in the urine when consumed in excess. This group includes vitamins like vitamin C (ascorbic acid) and the B-vitamins such as thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folate (B9), and cobalamin (B12). These vitamins must be consumed regularly to maintain health.

In summary, the answer to the question "Fat soluble vitamins include" is "A, D, E and K." These vitamins are distinguished by their ability to dissolve in fats and oils, their storage in the liver and fatty tissues, and their potential to accumulate in the body if consumed in excessive amounts.

質問 # 37

An example of instrumental support is which of the following?

- **A. A and B**

- B. spotter for weightlifting at the gym
- C. transportation to a fitness facility
- D. none of the above

正解: A

解説:

The question asks for an example of instrumental support. Instrumental support refers to tangible, practical forms of assistance that help someone achieve a goal or complete tasks. This form of support can be contrasted with emotional support, which involves providing empathy, care, and encouragement to help someone cope emotionally.

Let's analyze the options provided to identify which ones could be considered examples of instrumental support: 1. **Transportation to a fitness facility** - This option directly involves providing practical aid that helps an individual access physical resources they might not be able to utilize otherwise. For someone who may have difficulty reaching a gym due to lack of a vehicle or public transport options, offering transportation is a form of instrumental support. It removes a physical barrier to participation in fitness activities. 2. **Spotter for weightlifting at the gym** - Having a spotter during weightlifting is another clear example of instrumental support. A spotter provides physical assistance to ensure that the weightlifter can train safely, helping to prevent injury and also enabling the weightlifter to potentially lift heavier weights than they could safely manage alone. The spotter's role is crucial in providing the practical support needed for effective and safe exercise.

Given these considerations, both options listed (transportation to a fitness facility and a spotter for weightlifting) are examples of instrumental support as they both entail providing practical, tangible assistance that helps an individual perform specific tasks (getting to the gym and safely lifting weights).

The repeated sections of text following each option emphasize the importance of discussing potential barriers with clients to ensure regular gym attendance. This discussion, while related to providing support, is more aligned with informational support (offering advice and information) and does not directly influence the choice of the correct answer to the question about instrumental support. Therefore, the correct answer to the question "An example of instrumental support is which of the following?" would likely be "A and B," indicating that both transportation to a fitness facility and having a spotter for weightlifting at the gym are forms of instrumental support. This is because both actions involve providing direct, physical aid that assists the individual in accomplishing specific fitness-related tasks.

質問 # 38

When training a client, it is important to determine which of the following?

- **A. A and B**
- B. frequency and intensity of each exercise
- C. which exercises work best for your client and keep doing them over and over again.
- D. duration and type of exercise

正解: A

解説:

When training a client, it is crucial to determine a variety of factors to ensure that the exercise program is effective, safe, and tailored to meet the client's individual needs. Here are the key elements to consider:

Frequency and Intensity of Each Exercise: Understanding how often (frequency) and how hard (intensity) a client should exercise is foundational to designing a fitness program. Frequency refers to the number of exercise sessions per week, while intensity refers to the level of effort required during the exercise. These parameters should be adjusted based on the client's fitness level, goals, and any physical or medical limitations they may have. For example, a beginner may start with lighter exercises at a lower frequency and gradually increase as their fitness improves.

Duration and Type of Exercise: The length of each exercise session (duration) and the kind of activities performed (type) are also critical to consider. Duration will depend on the client's fitness levels, goals, and time availability. The type of exercise (e.g., cardiovascular, strength training, flexibility) should align with the client's objectives, whether it's weight loss, muscle building, improving flexibility, or enhancing cardiovascular health.

Designing Exercises for Your Client: It's essential to design a program that aligns with the client's fitness levels, goals, and any physical limitations, including time constraints. This personalized approach ensures that the exercises are both achievable and challenging, promoting long-term commitment and minimizing the risk of injury.

Which Exercises Work Best for Your Client: While variety in a fitness program can help maintain interest and maximize results, identifying which exercises work best for the client and focusing on them can be beneficial. However, it is important to periodically review and adjust the exercise selection to prevent plateaus, ensure continued progress, and address any new goals or changes in the client's condition.

A and B: The options listed above are not mutually exclusive and often, a combination of these considerations (referred to as "A and B") is necessary for a comprehensive approach. By integrating multiple aspects of fitness planning - from the intensity and

frequency of workouts to the types and durations of exercises - trainers can create a holistic and effective program tailored to the client's needs.

In conclusion, determining the right mix of frequency, intensity, duration, and types of exercises, while also considering the client's specific limitations and goals, is key to developing a successful and sustainable fitness program. This approach not only helps in achieving the desired physical outcomes but also supports the client's overall well-being and motivation.

質問 # 39

Relative contraindications are a cause for concern and may require modifications when performing an assessment test. They include:

- A. Moderate stenotic heart disease
- B. Severe arterial hypertension
- C. Uncontrolled metabolic disease such as diabetes
- D. All of the above

正解: D

解説:

Relative contraindications are conditions that don't outright prevent a person from undertaking an assessment test, such as exercise testing, but do necessitate caution or modifications to the test protocol. Understanding and recognizing these contraindications is crucial for ensuring the safety and effectiveness of the test being performed. Here, we will discuss each listed condition to understand why they are considered relative contraindications.

Moderate Stenotic Heart Disease: Stenotic heart disease involves the narrowing of the heart's valves or arteries. Moderate forms of this disease can significantly affect how blood flows through the heart and to the rest of the body during increased activity levels. In an assessment test, particularly those that involve physical exertion, this condition could lead to inadequate blood flow, chest pain, or even more severe cardiac events. Therefore, any test protocol must be adjusted to avoid pushing the heart beyond safe limits.

Severe Arterial Hypertension: Hypertension, or high blood pressure, particularly in its severe forms, poses risks during physical assessments. High blood pressure can strain the heart and arteries, increasing the risk of a heart attack or stroke under stress. For someone with uncontrolled severe hypertension, even moderate exercise can cause dangerous spikes in blood pressure.

Consequently, tests must be carefully managed, often requiring medical supervision and possibly the use of medications to control blood pressure during the test.

Uncontrolled Metabolic Disease such as Diabetes: Metabolic diseases like diabetes affect how the body converts food into energy. When diseases like diabetes are uncontrolled, they can lead to unpredictable blood sugar levels, which can cause either hyperglycemia or hypoglycemia. During physical activity, inadequate blood sugar control can lead to serious complications including cardiovascular events, kidney damage, or diabetic ketoacidosis. Hence, exercise protocols for diabetic patients need to be tailored to monitor and manage blood sugar levels effectively.

All of the Above: This option emphasizes that any of the previously mentioned conditions are significant enough to be considered relative contraindications. This underscores the importance of a comprehensive evaluation of all such conditions when planning an assessment test. The presence of any combination of these conditions can complicate the patient's response to the test and increase the risk of adverse effects.

In conclusion, each of these conditions-moderate stenotic heart disease, severe arterial hypertension, and uncontrolled metabolic disease-can impact the safety and efficacy of assessment tests. Assessments must be tailored to accommodate these issues, often involving adjustments to the exercise intensity, closer monitoring during the test, or even pre-test medical interventions. This approach ensures that the test does not exacerbate the condition or pose a health threat to the individual.

質問 # 40

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NESTA-PFT的中合格問題集: <https://www.pass4test.jp/NESTA-PFT.html>

時代の発展に伴い、人間的な文明が発展し、Pass4Test NESTA-PFT的中合格問題集も発展しています、Pass4Test NESTA-PFT的中合格問題集の素晴らしい問題集はIT技術者が長年を重ねて、総括しました経験と結果です、クライアントは当社のソフトウェアを使用して、実際の試験を刺激し、実際のNESTA-PFT試験の速度、環境、ブレッシャーに精通し、実際の試験の準備を整えることができます、Fitness NESTA-PFT日本語復習赤本 一体どう

信頼性の高いサービスにより、NESTA-PFT試験への志向が容易になります、それが今では、時間を見つけては打ちっ放しに行くまでになったのです、時代の発展に伴い、人間的な文明が発展し、Pass4Testも発展しています。

Pass4Testの素晴らしい問題集はIT技術者が長年を重ねて、総括しました経験と結果です、クライアントは当社のソフトウェアを使用して、実際の試験を刺激し、実際のNESTA-PFT試験の速度、環境、プレッシャーに精通し、実際の試験の準備を整えることができます。

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P.S. Pass4TestがGoogle Driveで共有している無料かつ新しいNESTA-PFTダンプ: <https://drive.google.com/open?id=1aGuTD51kuXrhXeKPaFurLbqMR27ruxII>