

# Fitness NESTA-PFTテスト資料 & NESTA-PFT認定資格試験



P.S. Fast2test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=1wspLFWoiOkeStmKVh9Vn2O4zbtDfD8N\\_](https://drive.google.com/open?id=1wspLFWoiOkeStmKVh9Vn2O4zbtDfD8N_)

Fast2testは、受験者が試験に合格し、夢のような認定を取得するのを支援するというキャリアのリーダー的地位を取ります。成功するための道のりで、多くのFitness候補者が本や他の教材を使って勉強するとき、NESTA-PFT動揺したり邪魔されたりします。弊社の有能なお客様により提供およびNESTA-PFTテストされた98%から100%の高い合格率により、あなたは自信の欠如を克服し、全力でNESTA Personal Fitness Trainer (NESTA-PFT)合格する決意を確立することが奨励されます。そして、私たちのカスタマーサービスは、あなたが彼らに手を差し伸べるたびに手を差し伸べます。

受験者の多くは、NESTA-PFT試験問題のソフトバージョンが好きです。NESTA-PFTガイドトレントのソフトウェアは、さまざまな自己学習および自己評価機能を強化して、学習の結果を確認します。このFitnessソフトウェアは、学習者が脆弱なリンクを見つけて対処するのに役立ちます。NESTA-PFT試験問題は、タイミング機能と試験を刺激する機能を高めます。当社の製品はタイマーを設定して試験を刺激し、速度を調整してアラートを維持します。そのため、NESTA-PFT試験問題を購入する価値があります。

>> Fitness NESTA-PFTテスト資料 <<

## NESTA-PFT認定資格試験、NESTA-PFT合格対策

Fast2testはFitnessのNESTA-PFT「NESTA Personal Fitness Trainer (NESTA-PFT)」試験に向けて問題集を提供する専門的なサイトで、君の専門知識を向上させるだけでなく、一回に試験に合格するのを目標にして、君がいい仕事がさがせるのを一生懸命頑張ったウェブサイトでございます。

## Fitness NESTA Personal Fitness Trainer (NESTA-PFT) 認定 NESTA-PFT 試験問題 (Q89-Q94):

### 質問 #89

Touch is a powerful medium and is an integral part of how we communicate. Fitness professionals regularly use 'touch' in personal training through

- A. spotting
- B. all of the above
- C. stretching
- D. correcting body alignment

正解: B

解説:

Touch is a powerful medium and is an integral part of how we communicate. In the context of fitness and personal training, the use of

touch is often necessary and beneficial for several purposes. These include spotting, stretching, and correcting body alignment. Let's explore how each of these plays a crucial role in effective personal training.

**\*\*Spotting\*\*** is a technique used by fitness professionals to ensure safety and support while a client performs an exercise, particularly with free weights or when learning new movements. The primary goal of spotting is to help prevent injuries by assisting the client in maintaining control during the exercise. For instance, during a bench press, a trainer might place their hands near the barbell to be ready to catch it or assist in lifting if the client cannot complete a rep. This preventive measure not only ensures safety but also builds trust and confidence between the client and the trainer.

**\*\*Stretching\*\*** is another area where touch is often used. Trainers may apply manual stretches to help clients improve flexibility, relieve muscle tightness, or enhance a warm-up or cool-down phase of a workout. By physically guiding the stretch through touch, trainers can help ensure the correct form and degree of stretch, reducing the risk of injuries and helping muscles to relax effectively.

**\*\*Correcting body alignment\*\*** involves the trainer physically adjusting the client's posture or positioning during an exercise. This is crucial for preventing injuries and ensuring that the client is getting the maximum benefit from their workout. Misalignment during exercises can lead to uneven muscle development and strain, which can cause discomfort or long-term issues. By using touch, a trainer can reposition a client's limbs or torso to align correctly, enhancing the exercise's effectiveness and safety.

Despite the benefits, it is crucial for fitness professionals to maintain a professional distance and set appropriate boundaries when using touch. Clear communication is key. Before physically interacting, trainers should always ask for permission and explain why and how they will touch the client. This approach not only respects the client's personal space and comfort levels but also fosters a professional and respectful trainer-client relationship. Establishing and adhering to these boundaries ensures that the use of touch is both effective and ethical, maintaining the trust and integrity vital in personal training.

In conclusion, the application of touch in personal training—through spotting, stretching, and correcting body alignment—is invaluable for ensuring safety, effectiveness, and proper technique. However, it must always be conducted with the utmost professionalism and respect for the client's boundaries and comfort levels. By balancing these elements, fitness professionals can effectively support their clients' fitness journeys while upholding high ethical standards.

#### 質問 # 90

The heart is made up of four chambers, four valves and multiple \_\_\_\_\_.

- A. blood vessels
- B. None of the above
- C. veins
- D. lobes

正解: A

解説:

The correct answer to the question is "blood vessels." The heart is indeed comprised of four chambers, four valves, and multiple blood vessels. These components are crucial for the heart's function, which is to pump blood throughout the body, supplying oxygen and nutrients, and removing waste products.

The four chambers of the heart include two atria and two ventricles. The right atrium receives deoxygenated blood from the body and passes it to the right ventricle, which then sends it to the lungs for oxygenation. The left atrium receives oxygenated blood from the lungs and passes it to the left ventricle, which then pumps it out to the rest of the body.

The heart's four valves are integral in maintaining proper blood flow direction and preventing backflow. These valves include the tricuspid valve between the right atrium and ventricle, the pulmonary valve between the right ventricle and pulmonary artery, the mitral valve between the left atrium and ventricle, and the aortic valve between the left ventricle and aorta.

Blood vessels associated with the heart include arteries, veins, and capillaries. Arteries carry oxygen-rich blood away from the heart, while veins bring oxygen-poor blood back to the heart. Capillaries connect arteries and veins and facilitate the exchange of oxygen, carbon dioxide, nutrients, and waste between blood and tissues.

Understanding the structure and role of each component of the heart is crucial for grasping how the cardiovascular system functions to maintain homeostasis and overall health.

#### 質問 # 91

Positive feedback points out things done well and \_\_\_\_\_.

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

正解: C

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 #92

When the body is using oxygen when exercising, it is undergoing \_\_\_\_\_.

- A. anxiety
- B. aerobic exercise
- C. decreased body tension
- D. none of the above

正解: B

解説:

When the body is using oxygen during exercise, it is undergoing \*\*aerobic exercise\*\*. This term is derived from the Greek word "aero," meaning "air," and "bio," meaning "life," reflecting the process where the body uses oxygen to meet its energy demands during prolonged physical activity.

Aerobic exercise includes activities like walking, jogging, cycling, swimming, and any other endurance-type activities that increase the heart rate and breathing for a sustained period. These exercises are typically moderate in intensity and can be maintained over longer durations.

During aerobic exercise, the body burns carbohydrates and fats using oxygen, producing carbon dioxide and water as waste products. This efficient use of oxygen helps in generating large amounts of adenosine triphosphate (ATP), the energy currency of the cells. This energy supports sustained physical activity.

Engaging regularly in aerobic exercise has numerous health benefits. It improves cardiovascular health by strengthening the heart and lungs and increasing the efficiency with which the body uses oxygen. It also helps in regulating weight, reducing the risk of type 2 diabetes, enhancing immune function, and alleviating depression and anxiety.

In contrast, anaerobic exercise, such as weight lifting or sprinting, involves quick bursts of energy and is performed at maximum effort for a short duration. This form of exercise does not rely primarily on oxygen for energy production and instead, it uses energy sources stored within the muscles, such as ATP and creatine phosphate.

Therefore, when referring to the use of oxygen during exercise, the correct term to use is aerobic exercise. This type of exercise promotes better oxygen consumption and energy production over time, which is essential for maintaining overall health and fitness.

#### 質問 #93

When it comes to nutrition, knowledge, balance and moderation are the keys to \_\_\_\_\_.

- A. eating sugar
- B. a balanced and nutritious diet.
- C. caloric intake
- D. eating fat-free products

正解: B

解説:

When it comes to nutrition, knowledge, balance, and moderation are the keys to a balanced and nutritious diet.

Knowledge about what constitutes a healthy diet is fundamental. This includes understanding the nutritional values of different foods and recognizing that not all calories are created equal. For instance, calories from whole foods like fruits, vegetables, and whole grains are much more beneficial than those from processed foods high in sugar and fat.

Balance is also crucial in a nutritious diet. This means consuming a variety of foods from all the food groups to ensure you get all the necessary nutrients your body needs to function effectively. It involves balancing macronutrients like proteins, fats, and carbohydrates, as well as getting sufficient vitamins and minerals from your diet.

Moderation is another key aspect, especially when it comes to caloric intake and the sizes of portions consumed. Eating too much of even the healthiest food can lead to weight gain and related health issues. Therefore, it is important to moderate how much you eat and to avoid overindulgence in high-calorie foods, particularly those that offer little nutritional benefit.

An example of where knowledge, balance, and moderation are important is in the consumption of low-fat or fat-free foods. Often, these products are perceived as healthier choices, which can lead people to consume them in larger quantities. However, these foods can still be high in calories, often from added sugars, which can lead to unintended weight gain. Understanding that fat-free does not mean calorie-free is a part of nutritional knowledge that can help in making better dietary choices.

In summary, harnessing knowledge, balance, and moderation in diet leads to making informed food choices, maintaining a healthy weight, and achieving overall well-being. Each of these components plays a vital role in constructing a diet that supports long-term health and prevents nutrition-related diseases.

## 質問 #94

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Fast2testは異なるトレーニングツールと資源を提供してあなたのFitnessのNESTA-PFTの認証試験の準備にヘルプを差し上げます。編成チュートリアルは授業コース、実践検定、試験エンジンと一部の無料なPDFダウンロードを含めています。

**NESTA-PFT認定資格試験:** <https://jp.fast2test.com/NESTA-PFT-premium-file.html>

Fitness NESTA-PFTテスト資料 一言で言えば、24時間オンラインの効率的なサービスは、すべての問題を解決して試験に合格するのに役立つと考えています、Fitness NESTA-PFTテスト資料 もし資格認定試験に気楽に合格させるツールがあると聞いたら、あなたは信じるか信じないか、Fitness NESTA-PFTテスト資料 何か疑問があれば、我々の係員を問い合わせたり、メールで我々を連絡したりすることができます、この質問を解決したいのなら、Fast2testのFitnessのNESTA-PFT試験トレーニング資料を利用すればいいです、Fitness NESTA-PFTテスト資料 それはあなたが試験に合格する最善の方法です。

テーブルの上に飾られた豪華な燭台に、何本もの蠟燭が灯されている、このプロジNESTA-PFTエクト、御厨は思いっきり頑張る人、一言で言えば、24時間オンラインの効率的なサービスは、すべての問題を解決して試験に合格するのに役立つと考えています。

## 試験の準備方法-正確的なNESTA-PFTテスト資料試験-高品質なNESTA-PFT認定資格試験

もし資格認定試験に気楽に合格させるツールがあると聞いたら、あなたは信じるか信じないか、何か疑問があれば、我々の係員を問い合わせたり、メールで我々を連絡したりすることができます、この質問を解決したいのなら、Fast2testのFitnessのNESTA-PFT試験トレーニング資料を利用すればいいです。

それはあなたが試験に合格する最善の方法です。

- 唯一無二NESTA-PFTテスト資料 | 素晴らしい合格率のNESTA-PFT: NESTA Personal Fitness Trainer (NESTA-PFT) | 更新のNESTA-PFT認定資格試験 □ URL { [www.shikenpass.com](http://www.shikenpass.com) } をコピーして開き、➡ NESTA-PFT □ □ を検索して無料でダウンロードしてくださいNESTA-PFT資格取得
- Fitness NESTA-PFTテスト資料: NESTA Personal Fitness Trainer (NESTA-PFT) - GoShiken ハイパスレート □ URL ➤ [www.goshiken.com](http://www.goshiken.com) □ をコピーして開き、✓ NESTA-PFT □ ✓ □ を検索して無料でダウンロードしてくださいNESTA-PFT日本語関連対策
- NESTA-PFT試験対応 □ NESTA-PFT試験対応 □ NESTA-PFTクラムメディア □ ▶ [www.jpshiken.com](http://www.jpshiken.com) ◀ から ➤ NESTA-PFT □ を検索して、試験資料を無料でダウンロードしてくださいNESTA-PFT関連資料
- NESTA-PFT 合格への最短ルート試験受験者必携 □ 【 [www.goshiken.com](http://www.goshiken.com) 】には無料の ➤ NESTA-PFT □ 問題集がありますNESTA-PFT関連資料
- NESTA-PFT模擬モード □ NESTA-PFT勉強資料 □ NESTA-PFT認定内容 □ ➤ [www.xhs1991.com](http://www.xhs1991.com) □ で ➡ NESTA-PFT □ を検索し、無料でダウンロードしてくださいNESTA-PFT真実試験

- 無料でクラウドストレージから最新のFast2test NESTA-PFT PDFダンプをダウンロードする：<https://drive.google.com/open?id=1wspLFWoiOkeStmKVh9Vn2O4zbtFD8N>

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