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NESTA PFT Exam Prep

What are the four steps in "Bridging the Gap"? - correct answer Assess, Design, Instruct, Re-assess

What is an implicit goal? - correct answer Implied but not mentioned

What is an explicit goal? - correct answer Goals that are mentioned

What is the kinetic chain, and what is its function? - correct answer Composed of nervous system, muscular system, and skeletal system. Chain of systems that link together to create human movements.

What is smooth muscle tissue? - correct answer Involuntary actions (digestive tract, bladder, uterus, blood vessel walls) No striations

What is cardiac muscle tissue? - correct answer Involuntary but has some striations; Heart

What is skeletal muscle tissue? - correct answer Voluntary movements; all muscles controlling movements

What are the three layers of muscle fascia? - correct answer Epimysium (outer), perimysium, endomysium (inner)

What are mechanoreceptors? - correct answer Respond to touch, pressure, vibrations, or stretch.

What are thermoreceptors? - correct answer Respond to changes in temperature.

What are nociceptors? - correct answer Respond to painful stimuli.

What are photoreceptors? - correct answer Respond to light to allow vision.

What are chemoreceptors? - correct answer Respond to chemical stimuli (food odors, carbon dioxide, glucose).

What is the function of the somatic nervous system? - correct answer Innervates skeletal muscle to create movement via motor neurons. Always excitatory.

What is the sympathetic nervous system? - correct answer "Fight or flight" Blood pressure/heart rate increase, digestive slowing.

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Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q17-Q22):

NEW QUESTION # 17

Some medications prescribed to patients with heart conditions reduce _____ in the bloodstream.

- A. cholesterol
- B. hemoglobin
- C. pain
- D. water

Answer: A

Explanation:

The question asks: "Some medications prescribed to patients with heart conditions reduce _____ in the bloodstream." It appears that the choices given for the blank are hemoglobin, water, cholesterol, and pain. To determine the correct answer, let's explore each option in the context of heart conditions and medications.

****Hemoglobin:**** Hemoglobin is a protein in red blood cells that carries oxygen from the lungs to the rest of the body and returns carbon dioxide from the body to the lungs. While there are conditions that might require manipulation of hemoglobin levels, medications specifically prescribed for heart conditions do not typically target hemoglobin directly. Instead, they focus on factors that affect heart workload and blood flow.

****Water:**** While not a direct target, some medications for heart conditions such as diuretics are used to reduce water retention in the body. Diuretics help the kidneys remove excess water and salt from the body through urine. This reduction in fluid volume can decrease the workload on the heart and lower blood pressure, which is beneficial in heart failure and hypertension. However, the statement about reducing "water in the bloodstream" is not accurate; diuretics reduce overall body water volume, which indirectly affects the blood volume.

****Cholesterol:**** Many heart conditions are exacerbated by high cholesterol levels, which can lead to atherosclerosis (narrowing of the arteries due to plaque buildup). Medications such as statins are commonly prescribed to reduce cholesterol levels and manage the risk associated with heart disease. By lowering cholesterol, these drugs help prevent further arterial blockage and reduce the risk of heart attacks and strokes.

****Pain:**** While managing pain is important in overall healthcare, medications specifically intended to reduce pain are not typically used to directly treat heart conditions. Pain relief may be a secondary effect of some medications that improve overall heart function or reduce complications from heart disease, but it is not the primary target when treating heart conditions with medication.

Based on this analysis, the most suitable answer to fill in the blank would be "cholesterol." Medications prescribed for heart conditions often aim to reduce cholesterol levels in the bloodstream to manage and prevent complications arising from heart disease.

NEW QUESTION # 18

Examples of perceived barriers are:

- A. medical opinions
- B. pain
- C. lack of education
- D. not enough time, funds or physical abilities to exercise.

Answer: D

Explanation:

Perceived barriers are various personal, social, or environmental factors that individuals believe inhibit their ability to perform a behavior, such as regular exercise. These barriers are subjective and can significantly differ from person to person, depending on their circumstances, beliefs, and life experiences. Below are some examples of perceived barriers specifically related to exercise:

****Pain:**** Physical discomfort or pain is a common barrier that can deter someone from engaging in regular physical activity. This might be due to chronic conditions like arthritis or temporary issues such as injuries. People might feel that exercise will exacerbate their pain, leading them to avoid it altogether.

****Not enough time:**** Many individuals feel that they do not have enough time to incorporate exercise into their already busy schedules. This perception can be due to high work demands, family responsibilities, or other time-consuming obligations.

****Insufficient funds:**** The cost associated with certain forms of exercise (e.g., gym memberships, purchasing home exercise equipment, attending fitness classes) can be a deterrent. People may perceive these costs as too high, particularly in tight financial situations.

****Limited physical abilities:**** Individuals with disabilities or those experiencing general physical limitations might feel unable to participate in certain types of physical activity. This can be due to the lack of accessible facilities or programs adapted to their needs.

****Medical opinions****: Sometimes, medical advice can act as a perceived barrier. If a healthcare provider suggests that a person should limit or avoid certain activities due to health concerns, this can strongly influence the individual's willingness to engage in exercise.

****Lack of education****: Not understanding the benefits of exercise or how to perform exercises correctly can also be a barrier. Without proper knowledge, individuals may not only be unsure of where to begin but might also fear injury or believe that exercise won't be beneficial.

Addressing these perceived barriers involves listening to and understanding the unique concerns of each individual. As a fitness professional or healthcare provider, it's crucial to work collaboratively with clients to identify these barriers and develop realistic, tailored strategies to overcome them. This might involve adjusting exercise routines to accommodate physical limitations, setting manageable goals, educating clients about the benefits and safety of exercise, or helping them reorganize their schedules to make time for physical activity. By acknowledging and addressing these barriers, individuals are more likely to adopt and maintain a regular exercise regimen, leading to improved health outcomes.

NEW QUESTION # 19

Amenorrhea is best defined as:

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

Answer: A

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 # 20

A kettlebell is:

- A. something that can be bounced
- B. a heavier ball
- C. a lighter ball
- D. a flat-bottomed cast iron ball with a handle

Answer: D

Explanation:

A kettlebell is a flat-bottomed cast iron ball with a handle. Unlike typical weights such as dumbbells or barbells, kettlebells have a unique design. The handle on top allows them to be held with one or both hands and used for a variety of exercises including swings, lifts, and squats.

The distinct feature of a kettlebell is its flat bottom, which allows it to stand upright on the ground. This is practical for exercises that require the kettlebell to start from a resting position on the floor, such as deadlifts or kettlebell swings. The flat bottom also provides stability when the kettlebell is placed down between sets or exercises.

Another key characteristic of the kettlebell is the placement of its center of mass, which is extended beyond the handle. This differs from dumbbells and barbells where the weight is evenly distributed either side of the handle, or medicine balls that are typically uniform in shape and weight distribution. The offset center of mass of a kettlebell requires the user to engage additional stabilizing muscles to control the weight, particularly during dynamic movements, enhancing strength, coordination, and balance.

Due to its unique design and the dynamic nature of many kettlebell exercises, working out with kettlebells can be very effective for building strength, flexibility, and cardiovascular endurance. They are not designed to bounce like medicine balls or to be used for standard weightlifting techniques that are typical with barbells and dumbbells. Instead, kettlebells are predominantly used for ballistic workouts, combining cardiovascular, strength, and flexibility training.

In summary, a kettlebell is not just a heavier or lighter ball but a sophisticated strength training tool with a specific structure that supports a wide range of motion and targets multiple aspects of fitness. This versatility makes kettlebells a popular choice in both home gyms and professional fitness centers.

NEW QUESTION # 21

The short term effects of exercise include:

- A. Endorphins not being released
- B. An increased metabolism
- **C. A and B**
- D. Increased energy, reduced stress and better sleep

Answer: C

Explanation:

The question asks about the short-term effects of exercise. The immediate benefits of engaging in physical activities are numerous and can be felt shortly after starting an exercise regime. These benefits include increased energy, reduced stress, and better sleep. Let's expand on each of these points:

Increased energy: When you exercise, your body's metabolism is stimulated, leading to an increase in energy production. Physical activity enhances the efficiency of the cardiovascular system, allowing more oxygen and nutrients to be delivered to your tissues. This results in heightened energy levels, making you feel more alert and active after a workout.

Reduced stress: Exercise is a well-known stress reliever. It helps in the production of endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators. These chemicals can create feelings of euphoria and general well-being, thus reducing stress and anxiety. Regular physical activity also helps in regulating the levels of stress hormones, such as adrenaline and cortisol.

Better sleep: Engaging in regular physical activity can help you fall asleep faster and deepen your sleep. Exercise increases the body's temperature, and the post-exercise drop in temperature may promote falling asleep. Moreover, by reducing stress and anxiety, exercise makes it easier to relax and enjoy a more restful sleep.

The answer "A and B" refers to the inclusion of both increased energy and reduced stress as short-term effects of exercise.

Moving on to the long-term effects of exercise, these include maintenance of weight loss, prevention of disease, and increased mobility. Additionally, there is an increased metabolism. Let's delve deeper into these points:

Maintenance of weight loss: Regular physical activity increases the total energy expenditure, which helps in burning calories.

Combined with a balanced diet, exercise is a crucial part of any weight loss program and, more importantly, for maintaining the weight loss over a long period.

Prevention of disease: Exercise boosts the immune system and has been shown to help prevent a range of diseases, from simple infections like the common cold to chronic conditions such as heart disease, type 2 diabetes, and some types of cancer.

Increased mobility: Regular exercise strengthens the muscles, bones, and joints, helping to improve balance, flexibility, and endurance. This increased mobility is crucial for maintaining independence, especially as you age.

An increased metabolism: Long-term exercise also contributes to an increased metabolic rate, which means your body burns more calories even when at rest. This not only helps in weight management but also improves overall energy levels and body functions.

The answer "A and B" for the long-term effects refers to the inclusion of both the maintenance of weight loss and the prevention of disease as benefits of sustained physical activity.

NEW QUESTION # 22

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