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Registered Dietitian - ✓✓ 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. - ✓✓ slightly higher

Omega-3 and omega-6 fatty acids are \_\_\_\_ (blank) - ✓✓ polyunsaturated fats

A trans fat is - ✓✓ An unsaturated fat that has been hydrogenated

Glucose is a \_\_\_\_ (blank) - ✓✓ simple sugar

This substance affects athletic performance more than any other nutrient - ✓✓ Protein

Starch and fiber are examples of which kind of carbohydrate - ✓✓ polysaccharide

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

Triglycerides are \_\_\_\_ (blank) - ✓✓

The RDA represents amounts of nutrients found to be adequate for approximately \_\_\_\_ (blank) of the population - ✓✓

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## Fitness NESTA-PFT Practice Questions

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## Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q65-Q70):

### NEW QUESTION # 65

It is vital that personal trainers help educate their clients by providing:

- A. information on nutritional methods
- B. all of the above
- C. weight loss strategies
- D. factual information on safe and effective diet

**Answer: B**

Explanation:

It appears there's some confusion in the formatting of your question. Here's an expanded explanation of how personal trainers can educate their clients, broken down into clear points:

**\*\*Factual Information on Safe and Effective Diet:\*\*** It is crucial for personal trainers to provide their clients with reliable and scientifically-backed information regarding safe and effective dietary practices. This ensures that the clients are well-informed about healthy eating habits that can support their fitness goals. Personal trainers should focus on general principles of good nutrition, such as balanced intake of macronutrients (carbohydrates, proteins, and fats) and adequate hydration, rather than prescribing specific diet plans.

**\*\*Information on Nutritional Methods:\*\*** Besides basic diet information, personal trainers should also educate their clients on various nutritional methods that can complement their training regimen. This might include discussions on the timing of meals relative to exercise, the role of different nutrients in muscle recovery and growth, and how to adjust one's diet based on activity levels. Again, the key is to avoid prescribing specific diet plans, but rather to provide guidance that can help clients make informed choices.

**\*\*Weight Loss Strategies:\*\*** When it comes to weight loss, personal trainers should provide information that helps clients understand the fundamental principles of calorie balance and physical activity. Educating clients about how to achieve a sustainable weight loss through a combination of exercise and healthy eating is essential. Personal trainers should emphasize strategies that promote long-term changes in lifestyle rather than quick fixes.

**\*\*All of the Above:\*\*** Ultimately, the role of a personal trainer in educating clients about diet, nutrition, and weight loss encompasses all the above points. Trainers are there to guide and support their clients in understanding how various aspects of diet and nutrition interact with physical activity to influence their overall health and fitness goals. By providing comprehensive education on these topics, personal trainers can empower their clients to make knowledgeable decisions that enhance their well-being without stepping into the realm of medical or dietary prescription.

**\*\*Note on Scope of Practice:\*\*** It is important to remember that personal trainers are not dietitians or nutritionists unless they hold specific qualifications in these fields. Therefore, while they can offer general advice and education on diet and nutrition, they should not provide detailed meal plans or medical nutrition therapy. Instead, they can refer clients to registered dietitians or nutritionists for more specialized dietary guidance. This ensures that clients receive advice from appropriately qualified professionals when it comes to specific nutritional needs or clinical conditions.

### NEW QUESTION # 66

Even though the amount of muscle and fat in a person's body determines how they look and feel, it is not enough just to know an individuals' \_\_\_\_\_ in order to make recommendations.

- A. height
- B. weight
- C. eating plan
- D. family history

**Answer: B**

Explanation:

The correct answer to fill in the blank in the question "Even though the amount of muscle and fat in a person's body determines how they look and feel, it is not enough just to know an individual's \_\_\_\_\_ in order to make recommendations" is "weight." Let's

expand on why this is the case.

Weight alone is not a comprehensive indicator of an individual's health or physical condition. This is because weight does not distinguish between fat and muscle mass. Two people might weigh the same but have vastly different body compositions. For instance, one person might have a higher percentage of body fat with less muscle mass, while another might have more muscle mass and less fat. These differences significantly affect their health, physical abilities, and risk factors for various diseases.

Body composition, the ratio of fat to lean mass in the body, is a crucial factor in determining an individual's overall health. A more accurate assessment of health involves looking at this ratio rather than just considering total body weight. High levels of body fat, especially visceral fat (the fat that surrounds internal organs), are linked to increased risks of various health conditions, including cardiovascular diseases, diabetes, and certain types of cancer. Conversely, higher levels of muscle mass are generally associated with improved insulin sensitivity, higher metabolic rates, and better physical stability and strength.

Therefore, when making health recommendations, it is important to consider more than just an individual's weight. Health professionals often use other measurements such as Body Mass Index (BMI), waist-to-hip ratio, and skinfold measurements to estimate body fat percentage. More advanced techniques, such as Dual-Energy X-ray Absorptiometry (DXA) scans and bioelectrical impedance analysis, provide more accurate data regarding body composition.

Knowing an individual's weight alone is not sufficient for making informed health recommendations; understanding their body composition provides a clearer picture of their health status and what interventions might be most effective. This holistic approach helps in tailoring personalized fitness programs, dietary recommendations, and other health-related advice that can significantly influence an individual's overall well-being.

### NEW QUESTION # 67

One of the Trans-theoretical Model Of Change in Behavior (TMC) is Pre-Contemplation. It is best defined as:

- A. People are interested in making the effort to put a fitness plan in motion
- B. They are considering making some healthy changes
- C. A person is not open to making lifestyle changes and is in denial to the fact that any modifications are needed.
- D. A person actually begins their physical activities

**Answer: C**

Explanation:

The question pertains to the Trans-theoretical Model of Change (TMC), which details the stages people typically pass through when modifying behavior, specifically in the context of adopting healthier behaviors. One of the stages of this model is Pre-Contemplation. The correct definition of Pre-Contemplation among the provided options is: "A person is not open to making lifestyle changes and is in denial to the fact that any modifications are needed." In the Pre-Contemplation stage of the TMC, individuals do not consider there is a problem and therefore see no need for change. They might ignore information about the benefits of change, avoid discussions about it, and not consider any future attempts to change. This stage is characterized by denial, resistance, and a lack of readiness to take action. People in this stage typically underestimate the pros of changing behavior and place too much emphasis on the cons.

The challenge for professionals, such as health coaches or therapists, in dealing with clients at the Pre-Contemplation stage lies in helping them recognize the need for change. This is often done by creating awareness about the problem through education and confrontational communication to help clients see the discrepancies between their current behaviors and the healthier behaviors they might aspire to. Media advertisements, educational programs, and interventions are often designed to target this audience to raise awareness about the importance of lifestyle modifications, like starting an exercise program.

It is critical to understand that people in the Pre-Contemplation stage are not yet ready to act, and pushing them too hard can result in increased resistance. Instead, gentle encouragement and providing clear, factual information about the benefits of change and the risks of maintaining current behaviors can help move them towards the next stage, which is Contemplation, where they start to consider the possibility of change.

### NEW QUESTION # 68

The advantage of using free weights is:

- A. the resistance can be controlled
- B. specific muscles can be isolated
- C. all of the above
- D. muscle balance is improved

**Answer: C**

Explanation:

The question seems to be about the advantages of using free weights for exercise. Let's expand on each of the points mentioned:

**\*\*The resistance can be controlled:\*\*** One of the primary benefits of using free weights, such as dumbbells and barbells, is the ability to modify the amount of weight lifted easily. This adjustability allows users to increase or decrease the resistance according to their strength levels and specific training requirements. It also means exercises can be tailored to target improvements in both strength and endurance.

**\*\*Specific muscles can be isolated:\*\*** Free weights allow for a range of motion that is not as restricted as machines, which often set a fixed path. This freedom means that exercises can be adjusted slightly to target specific muscle groups or even specific parts of a muscle. This ability to isolate muscles helps in effectively developing muscle symmetry and targeting weaker areas to promote balanced muscle growth.

**\*\*Muscle balance is improved:\*\*** When lifting free weights, your body does not just involve the primary muscles required for a specific movement; it also engages various stabilizing muscles. This engagement is crucial for improving muscle balance and coordination. By strengthening these stabilizer muscles, free weights help enhance overall body balance and reduce the risk of injuries.

**\*\*All of the above:\*\*** This option suggests that all the previously mentioned benefits are valid. Indeed, using free weights does offer controlled resistance, the ability to isolate specific muscles, and the improvement of muscle balance, making them a versatile and effective tool for strength training.

**\*\*Examples of free weights:\*\*** To clarify, examples of free weights include dumbbells, barbells, kettlebells, and medicine balls.

These tools are versatile and can be used for a wide range of exercises, further enhancing their appeal for various training routines.

### NEW QUESTION # 69

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

**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 # 70

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