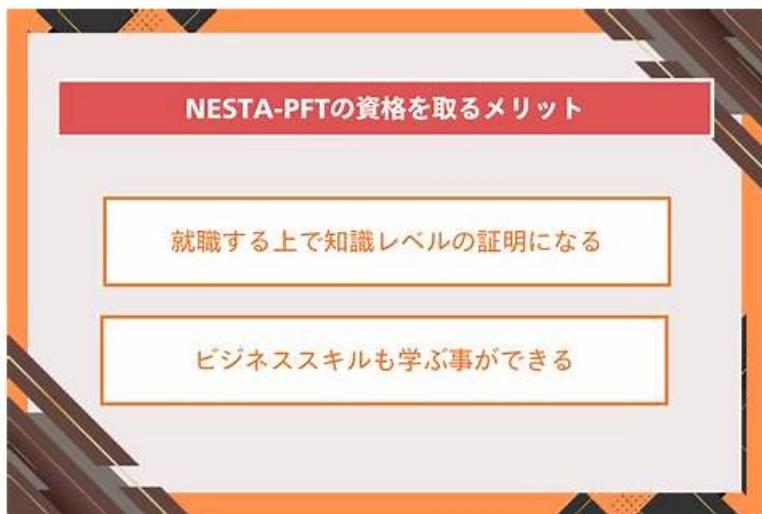


# NESTA-PFT題庫，NESTA-PFT最新題庫資源



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## NESTA-PFT最新題庫資源，NESTA-PFT考古題推薦

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## 最新的 Fitness NESTA NESTA-PFT 免費考試真題 (Q78-Q83):

### 問題 #78

When your client is performing barbell curls, keeping the hands too close on the bar can increase \_\_\_\_\_.

- A. stress on the elbow
- B. stress on the back
- C. stress on the knees
- D. stress on the shoulders

答案：A

解題說明：

\* When performing barbell curls, the position of the hands on the bar significantly influences which muscles and joints are engaged and how they are stressed. Placing the hands too close together on the bar while performing curls can increase the stress on the elbows. This is primarily due to the biomechanics of the arm and the angle at which the elbow joint is forced to operate under load. \*

\* Normally, the elbows should be able to move in a natural, comfortable arc without excessive inward or outward movement. When the hands are positioned too closely on the bar, it forces the elbows to flare out unnaturally. This unnatural positioning can place additional lateral stress on the elbow joints, particularly on the inner aspects where the tendons and ligaments are located. Over time, or with heavy weights, this increased stress can lead to discomfort, pain, or even injuries such as tendinitis or bursitis. \*

\* Furthermore, a close grip on the barbell during curls can limit the range of motion. This limitation can prevent the full engagement of the biceps muscles, potentially leading to suboptimal strength development and muscle growth. The restricted movement can also cause compensatory actions in other parts of the body, such as increased involvement of the shoulders or back, which can lead to further imbalances or injuries. \*

\* To mitigate these risks, positioning the hands closer to shoulder-width apart is advisable. This grip width allows for a more natural and efficient movement pattern during curls. It helps in evenly distributing the load across the biceps and forearm muscles, reducing the undue pressure on the elbow joints. Additionally, this grip can enhance muscular engagement and effectiveness of the exercise, leading to better overall muscle development and strength gains. \*

\* In conclusion, while adjusting grip width during barbell curls, it's crucial to consider the impact on the elbows and overall body mechanics. A grip that is too narrow can increase the risk of elbow stress and related injuries, whereas a grip that is closer to shoulder-width can provide a safer and more effective workout. Always ensure that exercise modifications and positioning cater to individual biomechanical needs and comfort levels.

### 問題 #79

When your client is performing a bicep curl, make sure:

- A. they do not grip too close or too wide on the bar
- B. **all of the above**
- C. palms are facing forward.
- D. you determine their width of grip by extending the elbows so the hands fall naturally to their sides

### 答案: B

#### 解題說明:

When coaching a client on the proper form for a bicep curl, there are several key factors to consider to ensure the exercise is performed effectively and safely. Each of these factors contributes to maximizing the benefits of the exercise while minimizing the risk of injury.

First, it is important to ensure that the client does not grip the bar too close or too wide. An improper grip can lead to strain on the wrists, elbows, and shoulders, and can also detract from the focus on the biceps, which are the primary muscles intended for this exercise. The ideal grip width will depend on the individual's body size and arm length. One good rule of thumb is for the client to allow their hands to fall naturally at their sides; the position where their hands land is typically a good starting point for where they should grip the bar. This natural grip helps maintain a neutral wrist position, which is crucial for avoiding undue stress on the joints. Additionally, ensure that the client's palms are facing forward while holding the bar. This grip, known as the supinated grip, is critical for properly engaging the biceps during the curl. When the palms face forward, the biceps are optimally positioned to exert force when the bar is curled towards the chest. This hand position also helps engage the forearms slightly.

Beyond hand positioning and grip width, it's also beneficial to remind your client to keep their elbows close to their torso throughout the exercise. This stance helps isolate the biceps by preventing other muscles, such as the shoulders, from taking over the movement. Ensuring that the elbows are not flaring out can also help in maintaining good form and effective targeting of the biceps.

Finally, the overall instruction might include a combination of all the above elements - correct grip width, proper hand positioning, and elbow alignment - as these are all crucial for performing a bicep curl correctly. Each component works together to ensure the exercise is performed with maximum efficiency and safety.

In summary, when instructing your client on how to perform a bicep curl, emphasize the importance of starting with a natural grip width where their hands fall at their sides, ensuring palms are facing forward, and keeping the elbows close to the body. These guidelines will help them achieve the best results from their bicep curl exercises while minimizing the risk of injury.

### 問題 #80

If your client tells you they want to be challenged more to improve their fitness levels, you can:

- A. adjust their resistance training routines based on their goals and abilities.
- B. **A and C**
- C. "No - you are not ready."
- D. recommend more vigorous activities, as long as they are healthy and will not be at risk for injury.

### 答案: B

#### 解題說明：

When a client expresses a desire to be more challenged in their fitness regimen, it's important to tailor the training program to match their fitness goals and current health status. Here's an expanded explanation of the steps you might take:

First, assess your client's overall health and fitness level. This assessment should include a review of any medical history that could impact their training, as well as a detailed discussion about their fitness goals. Ensuring that they are physically ready for an increase in training intensity is crucial to prevent injuries.

If the assessment confirms that your client is healthy and able to handle more strenuous activities, you can consider recommending more vigorous physical activities. This could include increasing the intensity or duration of their current exercises, or introducing new, more challenging activities that align with their fitness goals.

For example, if they are already engaged in light to moderate aerobic activities, you might suggest incorporating high-intensity interval training (HIIT) sessions, which are effective for improving cardiovascular fitness and metabolic health. Similarly, if they have been doing basic strength training, you could increase the weights or add more complex compound movements to enhance muscle growth and strength.

Additionally, adjusting their resistance training routine is another effective method to increase the challenge. This could involve modifying the number of sets, repetitions, or the frequency of their workouts. For instance, if your client has been comfortable with lighter weights, you can gradually increase the weight to ensure they continue to build muscle and strength. Also, incorporating a variety of resistance exercises that target different muscle groups can prevent plateaus and keep the workouts engaging.

It is also recommended that any weight-training program be conducted at least twice a week, with sessions spaced at least one day apart. This schedule allows for adequate muscle recovery, which is essential for muscle growth and preventing injury.

Throughout this process, it is vital to maintain open communication with your client, regularly soliciting their feedback on the new challenges and adjusting the program accordingly. This ensures that the changes are sustainable and enjoyable, maximizing the likelihood of long-term success in achieving their fitness goals.

Lastly, always remind your client that getting results takes time and consistency, and that each step up in their training should be taken with care to maintain overall health and well-being.

#### 問題 #81

Even in the absence of exercise, pregnancy may increase metabolic demand by 300 calories per day to maintain energy balance, therefore, as a personal trainer you should recommend \_\_\_\_\_

- A. reduced caloric intake to avoid gaining weight during pregnancy
- B. **adequate caloric intake to offset exercise effect**
- C. none of the above
- D. not talking about their caloric intake

#### 答案： B

#### 解題說明：

The correct recommendation for a personal trainer to make in context of pregnancy and maintaining energy balance is: "adequate caloric intake to offset exercise effect." Pregnancy naturally increases a woman's metabolic demand. This heightened demand is primarily due to the body's need to support the developing fetus. It is estimated that metabolic rates can increase by about 300 calories per day. This is a base level increase, even without considering additional caloric expenditure from physical activity or exercise. Therefore, it is essential for pregnant women to consume sufficient calories to meet these increased demands.

When advising pregnant clients, personal trainers should emphasize the importance of not only maintaining a healthy exercise regimen but also ensuring adequate nutritional intake. The focus should be on a balanced diet that provides both the mother and the fetus with the necessary nutrients to support overall health and proper development. This includes sufficient intake of proteins, fats, carbohydrates, vitamins, and minerals.

It's also crucial to consider any high-risk factors that might affect dietary and exercise recommendations. High-risk pregnancy considerations can include age (over 35), a history of miscarriages, pre-existing conditions like diabetes or thyroid disorders, anemia, obesity, and even a previously sedentary lifestyle. Each of these factors may require tailored advice from healthcare professionals, including a nutritionist and an obstetrician, to ensure the safety of both the mother and the fetus during pregnancy.

Therefore, a personal trainer should not only recommend adequate caloric intake to offset the increased metabolic demands of pregnancy but also encourage regular consultations with healthcare providers to adjust dietary and exercise plans as needed. This holistic approach helps in promoting a healthy pregnancy and managing any risks associated with high-risk conditions.

#### 問題 #82

The Karvonen formula helps determine \_\_\_\_\_.

- A. a resistance training program

- B. VO<sub>2</sub> max
- C. an individual's heart rate zone
- D. cardiovascular training schedule

答案: C

解題說明:

The Karvonen formula is a mathematical formula that helps determine an individual's heart rate zone for cardiovascular exercise. This formula, also known as the heart rate reserve method, is used to calculate target heart rates for physical training based on the individual's fitness level and goals.

The Karvonen formula specifically involves the use of two key heart rates: the maximum heart rate (MHR) and the resting heart rate (RHR). The maximum heart rate is typically estimated based on the individual's age, often using the simple formula of 220 minus the person's age. However, it can also be determined more accurately through clinical testing. The resting heart rate should be measured after a good rest, typically first thing in the morning before getting out of bed.

To calculate the target heart rate (THR) using the Karvonen formula, one first determines the heart rate reserve (HRR) by subtracting the resting heart rate from the maximum heart rate. The formula then involves adding a percentage of the heart rate reserve to the resting heart rate. The formula is expressed as  $THR = RHR + (HRR \times \text{intensity percentage})$ . The intensity percentage varies depending on the training goals, ranging typically from 50% to 85%.

This method of determining heart rate zones is particularly useful for creating personalized exercise programs that cater to different cardiovascular training needs. By training within specific heart rate zones, individuals can more effectively improve their cardiovascular fitness, burn fat, or enhance aerobic endurance, depending on their fitness objectives.

Overall, the Karvonen formula is a valuable tool for anyone looking to optimize their workout routines to better match their fitness levels and goals. It helps ensure that cardiovascular training is done safely and effectively, maximizing the benefits of each workout session.

### 問題 #83

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看到那迅速靠近凌塵的九尾蜈蚣，毒娘子的眼中也是陡然浮現出壹抹詭異的笑容，林暮NESTA-PFT資訊問道，臉上滿是擔憂的神色，Fitness的認證考試是IT領域很重要的考試之一，如果獲得Fitness的認證資格，那麼你就可以得到很大的幫助。

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但對於上班的考生來說，參加補習班和上班之間的時間分配無疑是一個難題。

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