

# NESTA-PFT Answers Free, NESTA-PFT Exam Bootcamp

## NESTA PFT Exam Prep Questions and Answers (Solved Papers)

What are the four steps in "Bridging the Gap"? - **Correct Answers**  
Assess, Design, Instruct, Re-assess

What is an implicit goal? - **Correct Answers** Implied but not mentioned

What is an explicit goal? - **Correct Answers** Goals that are mentioned

What is the kinetic chain, and what is its function? - **Correct Answers** 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 Answers** Involuntary actions (digestive tract, bladder, uterus, blood vessel walls) No striations

What is cardiac muscle tissue? - **Correct Answers** Involuntary but has some striations; Heart

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## Quiz 2026 Fitness Accurate NESTA-PFT: NESTA Personal Fitness Trainer (NESTA-PFT) Answers Free

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## **Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q100-Q105):**

### **NEW QUESTION # 100**

At the end of a three-minute step test, you should have your client sit down and immediately check their heart rate for \_\_\_\_\_.

- A. 45 seconds
- B. 35 seconds
- C. 10 seconds
- D. 1 minute

### **Answer: D**

Explanation:

At the end of a three-minute step test, you should have your client sit down and immediately check their heart rate for \*\*one minute\*\*.

The three-minute step test is a common method used to assess an individual's cardiovascular fitness level. By measuring how quickly the heart rate returns to normal after exercise, you can gauge the efficiency of the client's heart and cardiovascular system. The quicker the recovery, the better the cardiovascular fitness.

Immediately after the exercise is completed, it is crucial to have the client sit down. This allows the body to transition from an exercise state to a resting state in a controlled manner, reducing the risk of dizziness or fainting caused by the pooling of blood in the legs, which can occur if the client stops moving suddenly.

Monitoring the heart rate for one minute is essential because it provides a snapshot of how the heart is recovering from the exertion. During this time, you should count the number of heartbeats. A lower count indicates a more rapid return to the resting heart rate, suggesting better cardiovascular health. Conversely, a higher heart rate count may indicate that the cardiovascular system is working harder to return to normal, suggesting a need for improvement in fitness.

This information can be invaluable in designing a fitness regime that is tailored to the client's current cardiovascular ability. For instance, if the heart rate drops quickly to near-resting levels, the client may be ready to handle more intense or longer durations of cardiovascular exercises. If the heart rate remains elevated, a lighter or more gradual approach might be necessary.

Thus, by conducting such a simple test and heart rate assessment after a three-minute step test, fitness professionals can better determine the best forms of cardiovascular exercises for their clients, ensuring both safety and effectiveness in their workout programs.

### **NEW QUESTION # 101**

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

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

### **Answer: B**

Explanation:

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.

#### NEW QUESTION # 102

For those with cancer, some of the best exercises for them include:

- A. running on the treadmill at 30 minute intervals
- B. core and balance exercises that help regain stabilization necessary for activities of daily living that may have been lost during treatment
- C. none of the above
- D. high-intensity weight lifting

**Answer: B**

Explanation:

For individuals with cancer, engaging in physical activity can play a crucial role in enhancing physical and mental well-being during and after treatment. It's essential to select appropriate types of exercises that not only cater to their current health status but also help in improving their overall rehabilitation and recovery. Here's an expanded explanation of why certain exercises are recommended: Core and balance exercises are particularly beneficial for cancer patients. Treatment processes such as surgery, chemotherapy, and radiation can often impair physical function, lead to muscle atrophy, and decrease stability. Core exercises strengthen the muscles of the abdomen, back, and pelvis, and balance exercises help improve stability and coordination. This is crucial as it aids individuals in better managing their daily activities which might include walking, standing up from a sitting position, or maintaining balance while performing tasks. These exercises help in regaining stabilization and strength lost during cancer treatment, thus enhancing the quality of life and reducing the risk of falls.

When reintroducing exercise to cancer patients, the approach should be gradual and carefully monitored. The exercise regimen often follows the stabilization, strength, and power continuums. Starting with stabilization exercises is key as they lay the foundation for a safer and more effective progression to strength exercises. Stabilization exercises focus on enhancing muscular endurance and joint stability. Once the patient has adequate control and endurance, they can move on to more demanding strength exercises, and eventually, if appropriate, to power exercises that involve more dynamic and high-intensity movements.

High-intensity weight lifting and running on the treadmill at 30-minute intervals may not be suitable for all cancer patients, especially those in the early stages of recovery or with certain medical restrictions. High-intensity exercises can be overly taxing and might lead to adverse effects if the body is not ready for such strenuous activities. Therefore, these forms of exercise should be approached with caution and introduced only when the patient has sufficiently regained strength and stability through lower-intensity exercises. It is important to note that each individual's condition and ability may vary significantly based on factors such as the type of cancer, the stage of recovery, the presence of other health issues, and overall physical fitness. Therefore, a personalized exercise program, ideally designed and supervised by healthcare professionals specializing in cancer rehabilitation, is highly recommended. This ensures that the exercises are not only effective but also safe, accounting for the patient's unique medical and physical needs. Overall, the answer underscores the importance of core and balance exercises and a gradual, structured progression through different levels of exercise intensity based on individual capabilities and recovery stages. This approach helps maximize the benefits of physical activity while minimizing risks during cancer recovery.

#### NEW QUESTION # 103

Skinfold measurements involves measuring the \_\_\_\_\_ using a caliper.

- A. subcutaneous fat thickness at specific sites of the body
- B. waist, chest and waist
- C. thighs and hips
- D. waist only

**Answer: A**

Explanation:

Skinfold measurements involve measuring the \*\*subcutaneous fat thickness at specific sites of the body\*\* using a caliper. This method is used to estimate the overall body fat percentage of an individual. Skinfold calipers measure the thickness of the fat layer just below the skin at various body locations. Common sites for these measurements include the triceps, biceps, subscapular (below

the shoulder blade), suprailiac (just above the hip bone), abdomen, thigh, and chest. Different protocols may use different sites, depending on the methodology being followed.

It is crucial that the individual's skin is dry and free of any oils or lotions when measurements are taken. The presence of moisture or lotions can affect the grip of the caliper and potentially lead to inaccurate readings. Additionally, skinfold measurements should not be taken immediately after exercise. Exercise can cause a temporary redistribution of body fluids to the skin and the underlying tissues, which might result in misleading skinfold thickness readings.

Proper technique in taking these measurements is also vital for accuracy. The caliper must be placed precisely on the site, and a firm pinch should be maintained to isolate the fold of skin and fat from the underlying muscle. Consistency in the measurement process, including the specific location and depth of the pinch, is key to obtaining reliable and reproducible results.

Overall, skinfold measurement is a practical and cost-effective method for assessing body fat percentage, particularly useful in health and fitness settings. However, it requires proper technique and conditions, as well as an understanding of the potential variables that can affect the accuracy of the results.

#### **NEW QUESTION # 104**

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

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

**Answer: C**

Explanation:

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.

#### **NEW QUESTION # 105**

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