

New NESTA-PFT Test Sims - NESTA-PFT Study Guide



The Personal Fitness Trainer Study Guide

What do you need to know? NESTA PFT Exam Domain Breakdown

Exercise Sciences (A&P, Biomech, Kines)	15%
Assessment, Safety and Prevention, Special Populations, Emergency Care	18%
Business	20%
Program Design	16%
Exercise Applications and Instruction	10%
Exercise Psychology	11%
Nutrition	10%
	100%

The PFT exam is multiple choice and there will be 125 questions. 100 questions will be graded, and the other 25 will be used as research for future exams. This is standard practice for most certification exams. The best way to prepare is to study a little over many days. Seek to understand, not memorize, or you will have a great challenge ahead of you. Try to study for one hour every day with the information in this study guide leading up to the workshop, then review your workbook information as you are guided through the workshop weekend. You must resign yourself to making learning an ongoing process, and not a short-term process, or you have already failed.

The science component of your exam includes nutrition, kinesiology, biomechanics, physiology, and functional anatomy. You must familiarize yourself with the basics of nutrition, understand the basic planes of movement and motion (kinesiology), recognize the internal and external forces and how these forces affect exercise application during movement (biomechanics), be conscious of the effects of exercise on the body during AND after exercise (physiology), and LASTLY, be aware of the function of the various muscles in movement. Muscles should be your least focus, not the greatest focus.

The assessments are evaluations of your client(s) on an ongoing basis and you must understand how to assess in a way that is beneficial to you AND your client(s).

Safety and injury prevention includes information to help keep your workouts safe, efficient, and effective. The business information is included as business is a key component to your success as a personal trainer. Since you are reliant upon gaining clients, your ability to communicate effectively, with respect, is of the utmost importance. If you do not have adequate rapport with your client, and buy-in to your methods and training ideas, neither you nor your client can succeed.

The program design section covers the basics of periodization (cycling of a fitness program to meet a desired goal or goals). You must understand where your client must start and how to progress your client based upon training age (training experience) and client goal(s), with recognition toward how the body adapts to exercise. This includes foundation training for function and movement control, strength endurance, hypertrophy, basic strength, and skill-related fitness (as it applies to power, speed, and sport training).

Lastly, you must be able to safely (least risk possible), efficiently (no wasted effort), and effectively (accomplishes desired goal), apply the proper exercises to meet your client's goals while taking into account the client's training age, proper biomechanics, and taking into account expected physiological responses to exercise and movement stress.

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Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q68-Q73):

NEW QUESTION # 68

Hyperemia is the increased amount of blood flow to the working muscles of the body. As exercise increases, so too does the delivery of oxygen and nutrients to the muscles. This in turn increases the removal of waste products such as:

- A. lactate
- **B. A and B**
- C. sweat
- D. carbon dioxide

Answer: B

Explanation:

Hyperemia refers to the condition where there is an increased blood flow to specific areas of the body, which commonly occurs in the working muscles during exercise. This increase in blood flow helps to meet the higher metabolic demands of active muscles. As exercise intensity rises, the muscles require more oxygen and nutrients, which are delivered through this increased blood circulation. The primary benefits of hyperemia include the enhanced delivery of oxygen and essential nutrients to the muscles which supports their function and aids in performance. Concurrently, this process also facilitates the removal of metabolic waste products that are produced by muscles during exercise. Two major waste products generated are lactate and carbon dioxide.

Lactate, often referred to as lactic acid, is produced as a byproduct of anaerobic metabolism when the muscles are exerting high levels of effort and the oxygen supply is limited. The removal of lactate from the muscles into the bloodstream helps to prevent acidosis and muscle fatigue.

Similarly, carbon dioxide is another byproduct of metabolism, produced during aerobic energy production. Increased blood flow aids in the efficient removal of carbon dioxide by transporting it from the muscles to the lungs, where it is expelled from the body through exhalation.

Additional physiological adjustments occur during prolonged exercise to manage body temperature and prevent overheating. One such mechanism involves the movement of plasma from the blood vessels into the surrounding tissues. This shift helps to increase the water available for sweating, a key process in thermoregulation. Sweating facilitates heat loss through evaporation, cooling down the body effectively during intense or extended physical activities.

In summary, the body's response to exercise involves complex interactions and adaptations, including hyperemia, which not only supports enhanced muscle performance but also assists in the management of waste products and body temperature, ensuring that physical activities can be sustained safely and effectively.

NEW QUESTION # 69

Exercise improves insulin sensitivity and reduces disease. It can protect against which of the following?

- A. coronary artery disease and obesity
- B. exercise cannot prevent anything
- **C. A and B**
- D. high cholesterol and blood pressure

Answer: C

Explanation:

Exercise is widely recognized for its numerous health benefits, including its ability to improve insulin sensitivity and reduce the risk of various diseases. This question explores how exercise can protect against specific health conditions. Here, the answer choices suggest that exercise can protect against coronary artery disease, obesity, high cholesterol, and high blood pressure.

Coronary Artery Disease: Physical activity helps to improve blood circulation and heart health, reducing the risk of coronary artery disease. Regular exercise strengthens the heart muscle, improves blood flow, and can lead to improved cholesterol levels and lower blood pressure. These factors are crucial in preventing the buildup of plaques that can lead to coronary artery disease.

Obesity: Exercise is a fundamental component in weight management and the prevention of obesity. By increasing the number of calories burned, exercise helps to maintain a healthy weight or contribute to weight loss. This is particularly important because obesity is a risk factor for many other health conditions, including diabetes, heart disease, and certain cancers.

High Cholesterol: Engaging in regular physical activity can help lower levels of 'bad' LDL cholesterol and increase 'good' HDL cholesterol. This adjustment in cholesterol levels reduces the likelihood of cholesterol-related diseases, such as atherosclerosis, which can lead to heart attacks and strokes.

High Blood Pressure: Exercise also plays a key role in managing and preventing high blood pressure (hypertension). Regular physical activity strengthens the heart, enabling it to pump more blood with less effort and reducing the force on the arteries, thereby

lowering blood pressure.

In addition to these direct benefits, exercise contributes to overall better health, including improved mental health, stronger bones and muscles, and enhanced immune function. Despite the challenges that may come with scheduling and physical limitations, it is important for individuals to find feasible ways to incorporate exercise into their routines. For those under medical supervision, it is crucial to have clearance from a healthcare provider to ensure that any exercise plan is safe and appropriate for the individual's health status.

The suggestion that "exercise cannot prevent anything" is misleading and contradicts extensive scientific evidence supporting the preventive and therapeutic benefits of physical activity across various health conditions. Exercise is a powerful tool not only for disease prevention but also for enhancing quality of life and longevity.

NEW QUESTION # 70

As with any training method, proper form and technique are necessary to avoid injury when working with kettlebells. Most kettlebell exercises incorporate _____ when done correctly.

- A. none of the above
- B. hips and glutes
- C. arms and legs
- D. multiple joint motions and muscle groups

Answer: D

Explanation:

Kettlebell training is a highly effective way of exercising that engages multiple parts of the body simultaneously. Unlike isolated exercises that target specific muscles one at a time, most kettlebell exercises incorporate multiple joint motions and muscle groups. This comprehensive engagement is essential for building functional strength and enhancing athletic performance.

When performing kettlebell exercises, the body often has to execute compound movements, which involve the movement of various joints together. For example, the kettlebell swing, one of the most fundamental kettlebell exercises, utilizes the hips, knees, and ankles in a dynamic and synchronized manner. Additionally, it engages major muscle groups including the glutes, hamstrings, lower back, shoulders, and core. This integrated movement pattern not only helps in building muscle strength uniformly but also improves coordination and balance.

Proper form and technique are crucial in kettlebell training to maximize the effectiveness of these exercises and prevent injuries. Each movement should be performed with precise control and awareness of body mechanics. This is important because the swinging motions typical in kettlebell exercises can pose a risk if done incorrectly, potentially leading to strains or other injuries.

Moreover, kettlebell training is not just about physical endurance and strength; it also challenges and builds mental fortitude. The concentration required to maintain form, coordination, and rhythm during kettlebell workouts helps in enhancing mental focus and discipline. Over time, regular practice with kettlebells not only improves physical fitness but also fosters psychological resilience. Therefore, for someone training with kettlebells, understanding and implementing the principle of engaging multiple joint motions and muscle groups is fundamental. It ensures a holistic workout that benefits both the body and mind, contributing to overall health and well-being.

NEW QUESTION # 71

Atherosclerosis begins when _____.

- A. none of the above
- B. lipoproteins are deposited at the damaged site in the artery, forming plaque
- C. arteries are inflamed
- D. blood flows through the arteries and blood vessels

Answer: B

Explanation:

Atherosclerosis is a complex process, often starting with damage or inflammation to the inner walls of arteries. This damage can be caused by various factors such as high blood pressure, smoking, high cholesterol, or diabetes. The damage to the arterial wall results in a response from the immune system, which includes the accumulation of macrophages, a type of white blood cell. These macrophages consume cholesterol and other lipids, leading to the formation of what is known as foam cells.

As these foam cells accumulate, they form fatty streaks along the arterial wall. Over time, additional lipoproteins (low-density and very low-density lipoproteins, specifically) are deposited at these damaged sites. These lipoproteins can oxidize, further attracting more macrophages and propagating the cycle of inflammation and deposition. This leads to the formation of a plaque, which is a build-up of lipids, cholesterol, calcium, and cellular debris.

As the plaque continues to grow, it can harden and cause the arteries to lose their elasticity, a condition known as arteriosclerosis. The growing plaque can also impede the flow of blood through the artery. This restricted blood flow can lead to various complications depending on where in the body the artery is located. For example, if the blockage occurs in the coronary arteries, it can lead to chest pain (angina) or a heart attack. If it occurs in the cerebral arteries, it can lead to a stroke.

Therefore, while the deposition of lipoproteins at the site of arterial damage is a crucial part of the development of atherosclerosis, the process begins with the initial inflammation and damage to the arterial wall. Recognizing the inflammation as the starting point is key to understanding how to prevent and treat this condition effectively.

NEW QUESTION # 72

It is important to know that calorie requirements change with:

- A. illness
- B. all of the above
- C. life stages
- D. activity level

Answer: B

Explanation:

The question addresses the factors that influence the changes in calorie requirements for individuals. Calorie requirements are not static and can vary based on several key factors, including life stages, activity levels, and health status. Let's expand on each of these factors:

****Life Stages:**** Throughout a person's life, calorie needs can vary significantly. For example, infants, children, and adolescents require more calories relative to their body size to support their growth and development compared to adults. During adulthood, calorie needs tend to stabilize, but they can decrease in older age due to reduced muscle mass and a generally more sedentary lifestyle. Pregnancy and breastfeeding also significantly increase a woman's calorie requirements to support the health and growth of the baby.

****Activity Level:**** The amount of physical activity an individual engages in drastically affects how many calories they burn daily, thereby influencing their calorie needs. Sedentary individuals require fewer calories, while those who are highly active and perform strenuous physical tasks or exercise regularly need significantly more calories to maintain their energy balance. Regular exercise increases muscle mass, which in turn increases the basal metabolic rate (BMR), leading to higher calorie requirements.

****Illness:**** Health conditions and illnesses can also impact calorie needs. For example, certain illnesses increase the body's metabolic rate, resulting in higher calorie needs. Conversely, other conditions may lead to decreased appetite or additional dietary restrictions, reducing calorie intake. Chronic diseases like diabetes, cancer, and heart disease can also alter metabolism and overall dietary needs.

****All of the Above:**** When considering calorie requirements, it's essential to account for all these factors collectively, as they often interact. An individual's overall calorie needs can be influenced by multiple factors at any given time, necessitating a holistic view when planning diets or nutritional interventions.

****Weight Management:**** For most individuals, managing weight effectively involves regular monitoring of weight status. This can be done through weekly or monthly weigh-ins to keep track of any significant changes. Additionally, assessing body composition, such as the ratio of fat to lean mass, can provide deeper insights into one's health and nutritional status. These assessments help in tailoring dietary and exercise plans to better suit individual health needs and goals, thereby supporting more effective weight management. Understanding the dynamic nature of calorie requirements and the influence of various factors can help individuals and healthcare providers create more effective and personalized nutrition and health strategies.

NEW QUESTION # 73

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