

# Exam NESTA-PFT Quiz - NESTA-PFT New Dumps Free

## 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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## Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q53-Q58):

## NEW QUESTION # 53

Resistance training contributes to heart health by:

- A. lowering blood pressure and cholesterol levels
- **B. all of the above**
- C. improving heart functioning
- D. lowering blood sugar

**Answer: B**

Explanation:

Resistance training, often associated with lifting weights, is not only beneficial for building muscle and increasing strength; it also plays a significant role in enhancing heart health. Here's how resistance training contributes to various aspects of cardiovascular health:

**\*\*Improving Heart Functioning\*\*** Resistance exercise can improve the heart's efficiency and functioning. Regular resistance training increases cardiac output, which is the amount of blood the heart can pump per minute. It also enhances the elasticity of blood vessels, ensuring better circulation and reducing the workload on the heart. Over time, this adaptive response can lead to a stronger, more efficient heart.

**\*\*Lowering Blood Pressure and Cholesterol Levels\*\*** One of the key benefits of resistance training is its ability to help lower blood pressure. During resistance exercises, blood vessels dilate to allow greater blood flow, which over time can reduce the overall pressure within the vascular system. Additionally, resistance training can positively affect cholesterol levels. It can lower LDL (low-density lipoprotein) or "bad" cholesterol, which is responsible for plaque buildup in the arteries. Simultaneously, it can increase HDL (high-density lipoprotein) or "good" cholesterol, which helps remove cholesterol from the arteries and transport it back to the liver for disposal.

**\*\*Lowering Triglycerides and Enhancing Lipid Profile\*\*** Resistance training helps in lowering triglycerides, which are a type of fat found in the blood. High levels of triglycerides can increase the risk of coronary artery disease. Regular resistance training can modify the body's lipid profile, reducing the risk of cardiovascular diseases.

**\*\*Lowering Blood Sugar\*\*** Resistance training also plays a crucial role in managing blood sugar levels. It increases muscle mass, and more muscle mass is effective at clearing glucose from the blood and improving insulin sensitivity. This is particularly beneficial for people with type 2 diabetes or those at risk of developing this condition. By lowering blood sugar levels, resistance training helps protect against complications related to high blood sugar, including damage to the heart and blood vessels.

**\*\*All of the Above\*\*** Considering all these factors, resistance training contributes to heart health by improving heart functioning, lowering blood pressure and cholesterol levels, reducing triglycerides, and managing blood sugar levels. Engaging in regular resistance training is a comprehensive approach to maintaining and enhancing cardiovascular health, making it an essential component of a balanced exercise regimen.

## NEW QUESTION # 54

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

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

**Answer: C**

Explanation:

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.

#### NEW QUESTION # 55

Erythrocytes are red blood cells and they contain a protein called \_\_\_\_\_.

- A. estrogen
- B. testosterone
- C. **hemoglobin**
- D. progesterone

**Answer: C**

Explanation:

The correct answer to the question "Erythrocytes are red blood cells and they contain a protein called \_\_\_\_\_." is hemoglobin. Hemoglobin is a crucial protein found abundantly in erythrocytes, more commonly known as red blood cells. This protein is essential for transporting oxygen from the lungs to different parts of the body and returning carbon dioxide back to the lungs for expulsion.

Hemoglobin has a high affinity for oxygen, and its molecular structure allows each molecule to bind up to four oxygen molecules. This binding capability is what facilitates the efficient transport of oxygen. Moreover, the presence of hemoglobin gives red blood cells their characteristic red color, as the iron in hemoglobin binds with oxygen, creating a bright red hue.

Red blood cells are the most numerous cells in the blood, making up about 99% of its cellular components. This high proportion underscores the importance of hemoglobin and erythrocytes in sustaining life. The primary function of these cells is to ensure the delivery of oxygen to all body tissues and the removal of carbon dioxide, a waste product of metabolism, maintaining the crucial balance of respiratory gases.

In summary, hemoglobin is the key protein in erythrocytes that enables the transport of oxygen and carbon dioxide, vital for respiratory gas exchange and overall physiological functions.

#### NEW QUESTION # 56

The benefits of Vibration training include all of the following except:

- A. alleviation of muscle soreness
- B. **decreased circulation and cardiovascular function**
- C. weight reduction and increased metabolism
- D. increased bone density

**Answer: B**

Explanation:

Vibration training, also known as Whole Body Vibration (WBV), involves standing, sitting, or performing exercises on a machine equipped with a vibrating platform. This form of training is known to provide several health benefits, but it's important to address each option provided in the question to determine which is not a benefit of vibration training.

\*\*Improved Flexibility and Range of Motion\*\*: Vibrational training can enhance flexibility and range of motion. The vibrations stimulate the muscles, which can lead to increased blood flow and muscle temperature, thereby improving tissue elasticity. This makes it easier to stretch and can enhance overall mobility.

\*\*Alleviation of Muscle Soreness\*\*: Using a vibration platform can help in reducing muscle soreness, often referred to as delayed onset muscle soreness (DOMS). The vibrations help in increasing circulation and lymphatic drainage, thereby aiding in the faster removal of metabolic waste from the muscles. This process helps in quicker recovery and less soreness following intense physical activities.

\*\*Weight Reduction and Increased Metabolism\*\*: Vibration training can also aid in weight loss and increased metabolism. The activity on the vibrating platform requires energy expenditure. As muscles contract and relax rapidly, there is an increase in the amount of energy burned, which can contribute to weight loss. Additionally, as muscle mass increases with regular use of the vibration platform, metabolism can also increase, further aiding in weight management.

\*\*Increased Bone Density\*\*: Vibration training can contribute to increased bone density, which is particularly beneficial for older adults or those at risk of osteoporosis. The vibrations stimulate bone cells, encouraging bone remodeling and growth. This can lead

to stronger, denser bones, which are less susceptible to fractures.

\*\*Decreased Circulation and Cardiovascular Function\*\*: This is not a benefit of vibration training; rather, it is incorrectly listed as such. On the contrary, vibration training is known to potentially improve both circulation and cardiovascular function. The rapid muscle contractions during a vibration training session help to increase blood flow, improving circulation throughout the body. This enhanced circulation can also benefit heart health by improving cardiac function, contrary to what is suggested in the list of options. From the analysis, it is clear that the option "decreased circulation and cardiovascular function" does not belong as a benefit of vibration training. In fact, vibration training is likely to improve these aspects rather than decrease them.

### NEW QUESTION # 57

One of the problems with elastic tubing or bands is:

- A. none of the above
- B. they are not always reliable
- **C. the tension in rubber changes as it is being stretched through a full range of motion**
- D. they can be difficult to work with

**Answer: C**

Explanation:

One of the key issues with using elastic tubing or bands in exercise routines is the variability in tension as the rubber stretches through different lengths. When elastic bands are pulled, the tension isn't constant; it increases as the band stretches. This can make it difficult to quantify how much resistance is being applied at different points during an exercise. For instance, in exercises where the band is stretched further, the tension and thus the difficulty of the exercise increases significantly. This variable resistance can be both a benefit and a challenge, depending on the intended exercise goals and the user's ability to handle increasing resistance throughout the movement.

Another problem with elastic bands is the lack of standardization among manufacturers regarding the color-coding systems used to indicate the level of resistance. Different brands might use the same color to represent different levels of tension. This inconsistency requires users to spend extra time reviewing the resistance levels associated with each color for every brand they use. Ensuring that one is using the correct resistance band for specific exercises is crucial to prevent injury and to achieve the desired training outcomes. This variability can complicate the preparation for workouts, particularly in settings like gyms or therapy centers where multiple brands of bands might be in use.

Moreover, because of the inherent nature of the material, elastic bands and tubing can sometimes be unreliable over extended periods of use. The material can degrade due to factors like overstretching, exposure to elements, or regular wear and tear. This degradation can lead to sudden snapping or breaking during use, posing safety risks to the user. Regular inspection and maintenance or replacement of these exercise tools are essential to ensure safety and effectiveness in training sessions.

In summary, while elastic bands are a popular and effective tool for resistance training, issues such as increasing tension with stretch, lack of standardized color-coding for resistance levels, and potential material failure make it necessary for users to be cautious and well-informed to use them safely and effectively. Proper understanding and management of these issues can help in harnessing the benefits of elastic bands while minimizing risks and inconsistencies during workouts.

### NEW QUESTION # 58

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