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## Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q86-Q91):

### NEW QUESTION # 86

Edema is best defined as \_\_\_\_\_.

- A. swelling of the heart
- B. swelling caused by fluid trapped in the body's tissues
- C. none of the above
- D. insulin resistance

**Answer: B**

Explanation:

Edema is best defined as swelling caused by fluid trapped in the body's tissues. This condition can occur almost anywhere in the body but is most commonly observed in the ankles, feet, legs, face, hands, and abdomen. Edema results from various underlying medical reasons that disrupt the normal balance and retention of fluids.

The human body's tissues are surrounded by fluid that serves as a medium for the exchange of nutrients and waste products between blood vessels and cells. When the body's fluid regulation system is disrupted, an excessive amount of fluid builds up in the tissues. This can be due to a multitude of reasons including heart failure, liver disease, kidney problems, pregnancy, and certain medications. Each of these conditions can affect the body's ability to manage fluids properly.

When the heart, liver, or kidneys are compromised, their reduced functionality leads to an improper handling of bodily fluids, resulting in their accumulation in the tissues. In the case of heart failure, for example, the heart does not pump blood effectively, causing blood to back up in the veins and fluid to leak into the surrounding tissues. Similarly, liver or kidney disease can impair the removal of excess fluid and toxins, leading to swelling in various parts of the body.

Additionally, the condition can also be influenced by dietary factors such as excessive salt intake, which can cause the body to retain more fluid. Physical inactivity can also exacerbate the situation, as movement helps stimulate blood circulation and reduces fluid accumulation.

It's important to identify the underlying causes of edema to treat it effectively. Treatment may involve managing the medical condition causing the edema, such as improving heart function, adjusting medications, or altering dietary and lifestyle habits. In some cases, doctors may prescribe diuretics, which are medications that help the body expel excess fluid. However, the appropriateness of these treatments depends on the individual's specific medical condition and the severity of the edema.

In summary, edema is not merely a symptom but a signal of underlying health issues that require medical attention. It is characterized by swelling due to the accumulation of fluid in the tissues and can affect different parts of the body, highlighting the importance of understanding its causes and appropriate treatment methods.

### NEW QUESTION # 87

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

**Answer: D**

Explanation:

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.

### NEW QUESTION # 88

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

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

**Answer: B**

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 # 89

Examples of perceived barriers are:

- A. lack of education
- B. pain
- **C. not enough time, funds or physical abilities to exercise.**
- D. medical opinions

**Answer: C**

Explanation:

Perceived barriers are various personal, social, or environmental factors that individuals believe inhibit their ability to perform a behavior, such as regular exercise. These barriers are subjective and can significantly differ from person to person, depending on their circumstances, beliefs, and life experiences. Below are some examples of perceived barriers specifically related to exercise:

**\*\*Pain\*\***: Physical discomfort or pain is a common barrier that can deter someone from engaging in regular physical activity. This might be due to chronic conditions like arthritis or temporary issues such as injuries. People might feel that exercise will exacerbate their pain, leading them to avoid it altogether.

**\*\*Not enough time\*\***: Many individuals feel that they do not have enough time to incorporate exercise into their already busy schedules. This perception can be due to high work demands, family responsibilities, or other time-consuming obligations.

**\*\*Insufficient funds\*\***: The cost associated with certain forms of exercise (e.g., gym memberships, purchasing home exercise equipment, attending fitness classes) can be a deterrent. People may perceive these costs as too high, particularly in tight financial situations.

**\*\*Limited physical abilities\*\***: Individuals with disabilities or those experiencing general physical limitations might feel unable to

participate in certain types of physical activity. This can be due to the lack of accessible facilities or programs adapted to their needs.

**\*\*Medical opinions\*\***: Sometimes, medical advice can act as a perceived barrier. If a healthcare provider suggests that a person should limit or avoid certain activities due to health concerns, this can strongly influence the individual's willingness to engage in exercise.

**\*\*Lack of education\*\***: Not understanding the benefits of exercise or how to perform exercises correctly can also be a barrier. Without proper knowledge, individuals may not only be unsure of where to begin but might also fear injury or believe that exercise won't be beneficial.

Addressing these perceived barriers involves listening to and understanding the unique concerns of each individual. As a fitness professional or healthcare provider, it's crucial to work collaboratively with clients to identify these barriers and develop realistic, tailored strategies to overcome them. This might involve adjusting exercise routines to accommodate physical limitations, setting manageable goals, educating clients about the benefits and safety of exercise, or helping them reorganize their schedules to make time for physical activity. By acknowledging and addressing these barriers, individuals are more likely to adopt and maintain a regular exercise regimen, leading to improved health outcomes.

### NEW QUESTION # 90

The short term effects of exercise include:

- A. Endorphins not being released
- B. Increased energy, reduced stress and better sleep
- C. An increased metabolism
- **D. A and B**

**Answer: D**

Explanation:

The question asks about the short-term effects of exercise. The immediate benefits of engaging in physical activities are numerous and can be felt shortly after starting an exercise regime. These benefits include increased energy, reduced stress, and better sleep. Let's expand on each of these points:

**Increased energy**: When you exercise, your body's metabolism is stimulated, leading to an increase in energy production. Physical activity enhances the efficiency of the cardiovascular system, allowing more oxygen and nutrients to be delivered to your tissues. This results in heightened energy levels, making you feel more alert and active after a workout.

**Reduced stress**: Exercise is a well-known stress reliever. It helps in the production of endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators. These chemicals can create feelings of euphoria and general well-being, thus reducing stress and anxiety. Regular physical activity also helps in regulating the levels of stress hormones, such as adrenaline and cortisol.

**Better sleep**: Engaging in regular physical activity can help you fall asleep faster and deepen your sleep. Exercise increases the body's temperature, and the post-exercise drop in temperature may promote falling asleep. Moreover, by reducing stress and anxiety, exercise makes it easier to relax and enjoy a more restful sleep.

The answer "A and B" refers to the inclusion of both increased energy and reduced stress as short-term effects of exercise.

Moving on to the long-term effects of exercise, these include maintenance of weight loss, prevention of disease, and increased mobility. Additionally, there is an increased metabolism. Let's delve deeper into these points:

**Maintenance of weight loss**: Regular physical activity increases the total energy expenditure, which helps in burning calories.

Combined with a balanced diet, exercise is a crucial part of any weight loss program and, more importantly, for maintaining the weight loss over a long period.

**Prevention of disease**: Exercise boosts the immune system and has been shown to help prevent a range of diseases, from simple infections like the common cold to chronic conditions such as heart disease, type 2 diabetes, and some types of cancer.

**Increased mobility**: Regular exercise strengthens the muscles, bones, and joints, helping to improve balance, flexibility, and endurance. This increased mobility is crucial for maintaining independence, especially as you age.

**An increased metabolism**: Long-term exercise also contributes to an increased metabolic rate, which means your body burns more calories even when at rest. This not only helps in weight management but also improves overall energy levels and body functions.

The answer "A and B" for the long-term effects refers to the inclusion of both the maintenance of weight loss and the prevention of disease as benefits of sustained physical activity.

### NEW QUESTION # 91

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