

# Questions NESTA-PFT Pdf & NESTA-PFT Exam Questions And Answers

## NESTA PFT Exam questions with complete solutions

Registered Dietitian correct answer: Individuals trained in nutrition, food chemistry, diet planning and graduated from a college program accredited by the ADA

The protein requirement of children is \_\_\_\_ (blank) than that of an adult. correct answer: slightly higher

Omega-3 and omega-6 fatty acids are \_\_\_\_ (blank) correct answer: polyunsaturated fats

A trans fat is correct answer: An unsaturated fat that has been hydrogenated

Glucose is a \_\_\_\_ (blank) correct answer: simple sugar

This substance affects athletic performance more than any other nutrient correct answer: Protein

Starch and fiber are examples of which kind of carbohydrate correct answer: polysaccharide

Nutrients that should be consumed 15-60 minutes following exercise to enhance recovery and development correct answer: protein and carbohydrates

Triglycerides are \_\_\_\_ (blank) correct answer:

The RDA represents amounts of nutrients found to be adequate for approximately \_\_\_\_ (blank) of the population correct answer:

Carbohydrate loading prior to an endurance event is designed to maximize \_\_\_\_ (blank) correct answer:

Nutrient dense carbohydrate sources include correct answer: pasta, fruit and sweetened low-fat dairy products

According to Anshel (2007), exercise psychology evolves around which topics? correct answer:

1. Motivation
2. Barriers of exercise
3. Exercise adherence
4. Exercise dependence (addiction)
5. Exercise's relationship with mental health issues
6. Interventions
7. Cognitive and behavioral strategies and their effect on exercise
8. Personality traits and characteristics of exercisers

A client who is experiencing a low blood sugar and feeling faint is demonstrating symptoms of \_\_\_\_ (blank) correct answer: Hypoglycemic reaction

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## Fitness NESTA-PFT Exam Questions And Answers | NESTA-PFT Passing Score

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and the top-ranking sale service.

## **Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q13-Q18):**

### **NEW QUESTION # 13**

For individuals with cancer, the exercise mode should be:

- A. treadmill, walking, stationary cycling, low-impact or step aerobics
- B. 15-30 minutes in duration
- **C. A and B**
- D. intensity of 75-80% of maximal heart rate

**Answer: C**

Explanation:

For individuals with cancer, selecting the appropriate exercise mode is crucial for ensuring safety while promoting physical well-being. The recommended types of exercise include treadmill walking, stationary cycling, and low-impact or step aerobics. These activities are generally safe and effective for maintaining fitness without overly stressing the body.

The options "A and B" indicate that both treadmill walking and stationary cycling are suitable choices. These exercise forms allow for control over intensity and duration, which is particularly important for individuals with cancer who may have varying levels of physical capacity and endurance. Treadmill walking provides a predictable and adjustable environment where speed and incline can be tailored to match the individual's current fitness level. Similarly, stationary cycling offers a low-impact exercise alternative that minimizes stress on weight-bearing joints while still providing cardiovascular benefits.

Low-impact or step aerobics can also be appropriate, provided they are modified to meet the lower intensity and gentler movement requirements suitable for cancer patients. These forms of exercise help in maintaining flexibility, balance, and strength, which are essential for overall health and can aid in recovery and management of cancer treatment side effects.

It is important to avoid heavy lifting, especially in the initial stages of training. Cancer treatments such as surgery, radiation, and chemotherapy can affect physical strength and endurance, making heavy lifting risky. The emphasis should instead be on gradually increasing activity levels as the individual's condition allows.

Allowing for adequate rest intervals between exercises and sessions is crucial. Cancer patients may experience increased fatigue, and adequate rest helps in preventing overexertion and promotes recovery. Progression in the intensity and duration of exercises should be slow and closely monitored, based on the individual's response to the activity.

The exercise sessions should be carefully timed to last between 15-30 minutes, especially in the beginning or during periods of low energy. This duration is sufficient to gain health benefits without causing excessive fatigue. Over time, and with medical approval, the duration of exercise may be gradually increased if it is well-tolerated.

Regarding the intensity of exercise, it is generally advised to maintain it at a moderate level, around 75-80% of maximal heart rate, if the individual's condition permits. This level of intensity is effective in improving cardiovascular health and endurance, but it should be reached gradually and only after assessing the patient's initial fitness level and overall health status.

In summary, for individuals with cancer, exercise should be tailored to their specific needs and capacities. It should focus on low-impact, moderate-intensity activities such as treadmill walking, stationary cycling, and adapted aerobics. Heavy lifting should be avoided, and rest periods should be ample to prevent fatigue. The primary goal is to enhance quality of life, manage symptoms, and improve physical function in a safe and effective manner.

### **NEW QUESTION # 14**

The heart is the most important muscle in the body. Cardiovascular endurance is essentially

- 
- A. how many times an individual's heart beats in one minute
  - B. how long one can walk or run on the treadmill
  - **C. how strong the heart is**
  - D. how far an individual can run cross country

**Answer: C**

Explanation:

The question revolves around the concept of cardiovascular endurance and its significance in relation to heart health and overall well-being. Cardiovascular endurance can be defined in various ways, depending on the context of the discussion.

Cardiovascular endurance is essentially how efficiently the heart, lungs, and blood vessels work together to supply oxygen to the body during sustained physical activity. This efficiency determines how long an individual can perform activities such as walking,

running, or any other aerobic exercises without undue fatigue. It is a crucial component of overall fitness and a direct indicator of the heart's health and capability.

The answer options provided each touch on different aspects of cardiovascular health, but they are not all correct in defining cardiovascular endurance. For example, while how long one can walk or run on a treadmill or how far an individual can run cross-country are practical measures of cardiovascular endurance, they focus more on the outcomes of having good endurance rather than defining what it is. These options reflect the practical testing of cardiovascular capabilities.

Other provided options, such as how many times an individual's heart beats in one minute (heart rate), are related metrics but do not directly define cardiovascular endurance. Heart rate is more of an indicator of the heart's workload and can vary with fitness levels and health conditions. A lower resting heart rate, for instance, generally indicates higher cardiovascular fitness, but it's not a standalone definitive measure of endurance.

The statement that "the higher an individual's cardiovascular levels are, the stronger the person's heart is" connects well with the concept of cardiovascular endurance. This is because increased endurance is facilitated by a stronger and more efficient heart, which can pump more blood with each beat, delivering oxygen more effectively throughout the body during exercise. Regular cardiovascular exercise strengthens the heart muscle, just like any other muscle being trained, which in turn enhances endurance capabilities.

Thus, cardiovascular endurance is not just about how strong the heart is, although a strong heart is a critical component. It's more accurately about the holistic ability of the cardiovascular system to perform efficiently during prolonged periods of physical activity. Improving cardiovascular endurance through regular exercise such as running, cycling, swimming, or other aerobic activities is fundamental to improving overall health and enhancing the quality of life.

### NEW QUESTION # 15

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

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

**Answer: A**

Explanation:

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.

### NEW QUESTION # 16

As ingested proteins enter the stomach, they encounter

- A. Proline
- **B. Hydrochloric acid (HCl)**
- C. Arginine
- D. amino acids

**Answer: B**

Explanation:

When ingested proteins enter the stomach, they first encounter hydrochloric acid (HCl). This strong acid is secreted by the parietal cells of the stomach lining and plays several crucial roles in digestion. One of the primary functions of hydrochloric acid is to create an acidic environment within the stomach.

The highly acidic pH of the stomach caused by HCl is essential for denaturing proteins. Denaturation refers to the process where the complex three-dimensional structure of proteins is unraveled, leading to the uncoiling of their intricate folds. This uncoiling exposes the peptide bonds that hold together the amino acid chains within the proteins.

By exposing these peptide bonds, hydrochloric acid sets the stage for the next phase of protein digestion, which is carried out by digestive enzymes. The main enzyme involved in this process is pepsin, which is secreted by the chief cells in the stomach in an inactive form called pepsinogen. The acidic environment created by HCl is necessary to convert pepsinogen into its active form, pepsin.

Active pepsin then cleaves the peptide bonds in the uncoiled proteins, breaking them down into smaller peptides and eventually into individual amino acids. These smaller components are easier to absorb once they reach the small intestine, where further digestion and nutrient absorption occurs.

In summary, hydrochloric acid in the stomach plays a critical role in protein digestion by creating an acidic environment that denatures proteins and activates pepsin, thus facilitating the breakdown of peptide bonds. This process is essential for the efficient absorption and utilization of dietary proteins.

#### NEW QUESTION # 17

Exercise does not provoke cardiovascular events in healthy individuals with normal cardiovascular systems. However, in those with heart conditions of any kind could result in cardiac arrest. Some of those conditions include:

- A. Hypertrophic cardiomyopathy
- B. Aortic stenosis
- **C. All of the above**
- D. Abnormal blood vessels and arteries

**Answer: C**

Explanation:

Exercise is generally beneficial for the cardiovascular system, enhancing overall heart health and endurance. In healthy individuals with a normal cardiovascular system, exercise does not typically provoke cardiovascular events. However, the scenario changes when considering individuals with pre-existing heart conditions. These individuals are at a higher risk of experiencing cardiovascular events such as cardiac arrest during physical activity due to their compromised heart health.

Some specific heart conditions that could increase the risk of a cardiovascular event during exercise include: - **\*\*Abnormal blood vessels and arteries\*\***: Any abnormalities in the structure or function of blood vessels and arteries can impede blood flow, increasing the stress on the heart during exercise. - **\*\*Aortic stenosis\*\***: This condition involves narrowing of the aortic valve, which can limit blood flow from the heart to the rest of the body, forcing the heart to work harder. - **\*\*Hypertrophic cardiomyopathy\*\***: This genetic disorder causes the heart muscle to thicken abnormally, which can obstruct blood flow and affect the heart's electrical system, increasing the risk of sudden cardiac events during physical exertion.

Given these conditions, it's crucial for fitness professionals and healthcare providers to conduct thorough initial assessments of clients who wish to start an exercise program. Screening for any signs, symptoms, or other risk factors associated with cardiovascular disease is essential. Key indicators might include chest pain, excessive shortness of breath, dizziness, or unusual fatigue, which could suggest underlying heart conditions that need further evaluation by a medical professional.

If any such signs or symptoms are detected during the initial assessment, it is prudent to advise the client to consult with their doctor before continuing with any exercise regimen. The doctor can conduct more detailed tests and provide specific guidelines and precautions to ensure that the exercise program is safe and beneficial for the client, considering their specific heart health status.

In summary, while exercise is beneficial for most individuals, those with existing heart conditions must approach physical activity with caution and under professional guidance to prevent any adverse cardiovascular events.

#### NEW QUESTION # 18

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