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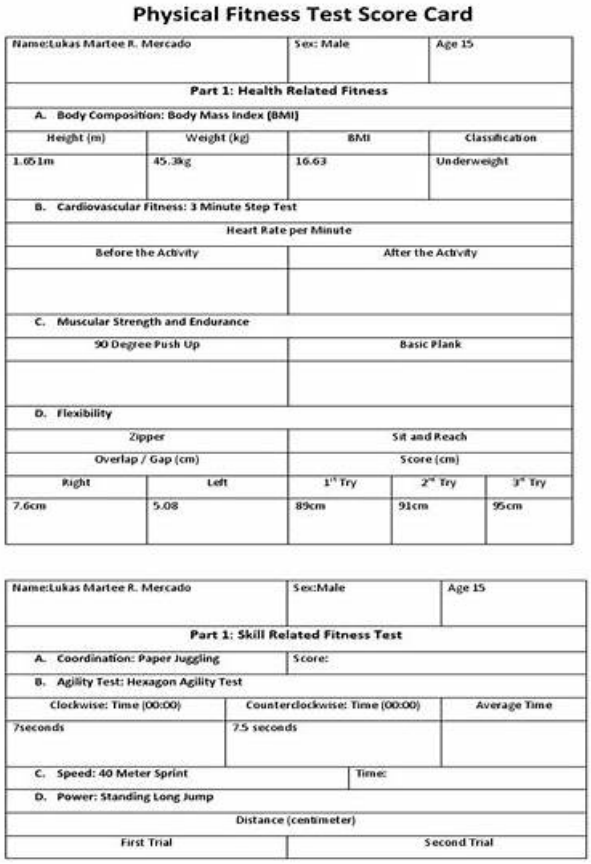

Physical Fitness Test Score Card

Name:Lukas Martee R. Mercado		Sex: Male		Age 15
Part 1: Health Related Fitness				
A. Body Composition: Body Mass Index (BMI)				
Height (m)	Weight (kg)	BMI		Classification
1.051m	45.3kg	16.63		Underweight
B. Cardiovascular Fitness: 3 Minute Step Test				
Heart Rate per Minute				
Before the Activity		After the Activity		
C. Muscular Strength and Endurance				
90 Degree Push Up		Basic Plank		
D. Flexibility				
Zipper		Sit and Reach		
Overlap / Gap (cm)		Score (cm)		
Right	Left	1st Try	2nd Try	3rd Try
7.6cm	5.08	89cm	91cm	95cm

Name:Lukas Martee R. Mercado		Sex:Male	Age 15
Part 1: Skill Related Fitness Test			
A. Coordination: Paper Juggling		Score:	
B. Agility Test: Hexagon Agility Test			
Clockwise: Time (00:00)	Counterclockwise: Time (00:00)		Average Time
7seconds	7.5 seconds		
C. Speed: 40 Meter Sprint		Time:	
D. Power: Standing Long Jump			
Distance (centimeter)			
First Trial		Second Trial	

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Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q15-Q20):

NEW QUESTION # 15
In today's environment, a constant supply of readily available food combined with a sedentary lifestyle_____.

- A. makes it easy to lose weight
- B. none of the above
- C. plays a significant role in rising obesity rates in the U.S.
- D. addresses daily energy needs

Answer: C

Explanation:
*In today's environment, a constant supply of readily available food combined with a sedentary lifestyle plays a significant role in rising obesity rates in the U.S. The modern food environment is characterized by high accessibility to calorie-dense, nutrient-poor foods, which are often cheaper and more convenient than healthier options. This abundance of easily accessible unhealthy food is one of the primary contributors to the obesity epidemic. *
*Moreover, contemporary lifestyles in the U.S. and many other parts of the world have become increasingly sedentary. Advances in technology and changes in work habits mean that many people spend long periods sitting at desks, which decreases overall physical activity levels. This sedentary behavior reduces the amount of energy expended and, when combined with high caloric intake, leads to weight gain. *
*Additionally, we are constantly bombarded with marketing and advertising that encourages overeating. Billboards, TV commercials, online ads, and other forms of marketing often promote fast food, sugary drinks, and processed snacks. This continuous exposure increases cravings and the likelihood of impulse eating, further contributing to excessive calorie consumption. *
*Thus, the interplay of these factors-a constant supply of readily available, unhealthy food options, a sedentary lifestyle, and aggressive marketing strategies promoting poor dietary choices-significantly impacts the increasing obesity rates in the U.S. Public health interventions that address these areas are crucial for reversing this trend and promoting a healthier, more active population.

NEW QUESTION # 16
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. Severe arterial hypertension
- C. Moderate stenotic heart disease
- D. All of the above

Answer: D

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 # 17
Vibrational training can lead to:

- A. all of the above
- B. weight loss
- C. changes in body composition
- D. greater increases in lean body mass

Answer: A

Explanation:
Vibrational training, also known as whole-body vibration training, involves performing exercises on a platform that vibrates at a specific frequency and amplitude. This method of training is gaining popularity due to its various health and fitness benefits. Below, we will explore how vibrational training can lead to greater increases in lean body mass, weight loss, and changes in body composition.
Greater Increases in Lean Body Mass Vibrational training can significantly contribute to increases in lean body mass. When you perform exercises on a vibrating platform, your muscles must work harder to maintain balance and perform the exercises, leading to increased muscle activation. The rapid vibrations cause a reflexive contraction of muscles, often at a rate higher than what is achieved through conventional training. This heightened muscle activity can lead to gains in muscle strength and size over time, contributing to an increase in lean body mass.
Weight Loss Vibrational training can also aid in weight loss. The intensified muscle contractions during vibrational training not only help in building muscle mass but also increase metabolic rate. An elevated metabolic rate means that your body burns more calories, even at rest. Furthermore, as muscle tissue burns more calories than fat tissue, increases in muscle mass through vibrational training can further enhance calorie burning, thereby supporting weight loss efforts.
Changes in Body Composition Additionally, vibrational training can lead to changes in body composition, which refers to the ratio of fat to lean tissue in the body. As mentioned, with an increase in muscle mass and the potential for fat loss through elevated metabolic rates, vibrational training can shift body composition towards a higher proportion of lean muscle mass relative to body fat. This shift not only contributes to a healthier overall body composition but can also improve physical appearance, performance, and overall health.
Conclusion: All of the Above Given that vibrational training can lead to greater increases in lean body mass, aid in weight loss, and affect positive changes in body composition, it is clear that all the benefits listed can be attributed to this type of exercise. Vibrational training offers a unique combination of benefits, making it a valuable addition to a fitness regime, particularly for those looking to improve strength, reduce body fat, and enhance overall physical health efficiently.

NEW QUESTION # 18
Subtracting an individuals RHR from their MHR and multiplying that answer by _____% will give you the high end of their target heart rate zone

- A. 0
- B. 1
- C. 2
- D. 3

Answer: C

Explanation:
In the context of cardiovascular exercise, determining an individual's target heart rate zone is essential for optimizing their workout

and ensuring safety. The target heart rate zone is typically a range that reflects certain intensities, expressed as percentages of the difference between the maximum heart rate (MHR) and resting heart rate (RHR). This range helps in identifying the heart rate at which an individual should aim to exercise to achieve cardiovascular benefits without overexertion.
The formula to find the target heart rate (THR) zone generally begins with calculating the Heart Rate Reserve (HRR), which is the difference between the Maximum Heart Rate (MHR) and the Resting Heart Rate (RHR):
Next, to find the THR, the HRR is multiplied by a percentage that corresponds to the desired intensity level. The high end of the target heart rate zone is typically set to challenge the cardiovascular system without reaching the maximum heart rate, thereby enhancing cardiovascular fitness and endurance. This is often set at 85% of the HRR. Hence, the formula to calculate the high end of the target heart rate zone is:
By using this calculation, you determine the upper limit of the heart rate at which an individual should aim to exercise during periods of intense activity. This calculated target zone is crucial for tailored fitness recommendations. It enables fitness trainers and health professionals to provide advice based on individual cardiovascular capabilities and goals. Understanding and applying this calculation ensures that the exercise intensity is neither too low, which might be ineffective, nor too high, which could be potentially dangerous, especially for those with underlying health conditions. In summary, subtracting an individual's RHR from their MHR, then multiplying the result by 85%, provides the high end of their target heart rate zone. This figure is instrumental in guiding cardiovascular training, ensuring that workouts are conducted within a safe yet effective range.

NEW QUESTION # 19
When assessing a client's stage, some of the questions you could ask are:

- A. all of the above
- B. What worked best for them to stick with an exercise program?
- C. What experience with exercise have you had in the past?
- D. What made them stop exercising?

Answer: A

Explanation:
When assessing a client's stage of readiness for exercise, it is crucial to gather comprehensive information about their past interactions with physical activity. This helps in tailoring a fitness program that aligns with their experience and current capabilities. One effective question to ask is: "What experience with exercise have you had in the past?" This inquiry helps you understand the client's familiarity and comfort level with different types of exercise, frequency of past exercise routines, and their previous exercise environments (e.g., gym, outdoor, group classes). Knowing their past experiences can reveal patterns and preferences that can be incorporated into a customized fitness plan.
Another key question is: "What worked best for them to stick with an exercise program?" This question aims to identify motivational factors or specific conditions that kept the client engaged with their exercise routine in the past. It could be a particular type of exercise they enjoyed, the time of day they preferred working out, or having a workout partner. Understanding what has successfully motivated them before can guide you in creating a supportive and motivating environment that encourages adherence to the new exercise regimen.
Equally important is to find out: "What made them stop exercising?" This question addresses potential barriers that led to a discontinuation of their previous exercise habits. These barriers may include time constraints, boredom, lack of results, injuries, or any other personal issues. Recognizing these obstacles allows you as a personal trainer to develop strategies to overcome similar challenges in the current program.
In summary, asking comprehensive questions about a client's previous exercise experiences, motivational factors, and challenges helps in crafting a personalized and effective fitness plan. It is crucial to remember that clients may face various barriers to regular exercise, and as a personal trainer, your role includes helping to identify and remove these barriers to facilitate a sustainable and enjoyable fitness journey.

NEW QUESTION # 20
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