

NESTA-PFT Exam Details & Latest NESTA-PFT Exam Materials

NESTA PFT Exam Prep

What are the four steps in "Bridging the Gap"? - correct answer Assess, Design, Instruct, Re-assess

What is an implicit goal? - correct answer Implied but not mentioned

What is an explicit goal? - correct answer Goals that are mentioned

What is the kinetic chain, and what is its function? - correct answer 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 answer Involuntary actions (digestive tract, bladder, uterus, blood vessel walls) No striations

What is cardiac muscle tissue? - correct answer Involuntary but has some striations; Heart

What is skeletal muscle tissue? - correct answer Voluntary movements; all muscles controlling movements

What are the three layers of muscle fascia? - correct answer Epimysium (outer), perimysium, endomysium (inner)

What is mechanoreceptors? - correct answer Respond to touch, pressure, vibrations, or stretch.

What is thermoreceptors? - correct answer Respond to changes in temperature.

What is nociceptors? - correct answer Respond to painful stimuli.

What is photoreceptors? - correct answer Respond to light to allow vision.

What is chemoreceptors? - correct answer Respond to chemical stimuli (food odors, carbon dioxide, glucose).

What is the function of the somatic nervous system? - correct answer Innervates skeletal muscle to create movement via motor neurons. Always excitatory.

What is the sympathetic nervous system? - correct answer "Fight or flight" Blood pressure/heart rate increase, digestive slowing.

The ExamBoosts is a leading platform that offers real, valid, and subject matter expert's verified NESTA-PFT exam questions. These NESTA-PFT exam practice questions are particularly designed for fast NESTA Personal Fitness Trainer (NESTA-PFT) (NESTA-PFT) exam preparation. The ExamBoosts NESTA-PFT exam questions are designed and verified by experienced and qualified Fitness NESTA-PFT Exam trainers. They work together and put all their expertise and experience to ensure the top standard of ExamBoosts NESTA-PFT exam practice questions all the time.

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Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q65-Q70):

NEW QUESTION # 65

It is important to know that calorie requirements change with:

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

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 # 66

Atherosclerosis is best defined as:

- **A. plaque formation**
- B. heart attack
- C. heart failure
- D. stroke

Answer: A

Explanation:

Atherosclerosis is a condition characterized by the buildup of fatty deposits, or plaques, along the inner walls of arteries. These arteries are the blood vessels that carry oxygen-rich blood from the heart to various parts of the body. The process of plaque formation is complex and involves multiple steps, primarily beginning with damage to the endothelium, which is the inner lining of the artery.

The endothelium can become damaged due to various factors including high levels of cholesterol, high blood pressure, smoking,

diabetes, and a diet high in saturated fats. When the endothelium is damaged, it becomes more permeable to different substances in the blood, including lipids (fats).

Once these lipids infiltrate the walls of the arteries, they can undergo oxidation, turning them into oxidized low-density lipoproteins (LDL), which are particularly harmful. The immune system responds to these oxidized LDLs as foreign invaders, sending white blood cells to encapsulate and digest them. However, this response often fails to completely clear these lipids and instead leads to the formation of a fatty streak in the artery wall.

Over time, as more lipids accumulate and more white blood cells arrive, the ongoing inflammatory process leads to the growth of the plaque. The plaque is composed of lipids, inflammatory cells, smooth muscle cells, and connective tissue. As plaques grow, they harden and narrow the arteries, reducing the flow of oxygen-rich blood to organs and tissues. This can result in insufficient oxygen and nutrient supply to vital organs.

Advanced atherosclerosis can result in serious health problems depending on which arteries are affected. For instance, if the coronary arteries are involved, it can lead to coronary artery disease, angina, and heart attacks. If the arteries that supply the brain are affected, it can lead to strokes. Similarly, atherosclerosis in the arteries supplying the legs can lead to peripheral artery disease, characterized by pain and fatigue in the legs.

Prevention and treatment of atherosclerosis involve lifestyle changes such as eating a healthy diet low in saturated fats, exercising regularly, maintaining a healthy weight, not smoking, and managing blood pressure and cholesterol levels through diet or medications. In more severe cases, medical or surgical interventions such as angioplasty or arterial bypass may be required.

NEW QUESTION # 67

The Sit and Reach Test is the most common way to measure flexibility in the

- A. hamstrings
- B. hip joint flexibility
- **C. all of the above**
- D. low back

Answer: C

Explanation:

The Sit and Reach Test is commonly used to measure the flexibility of the lower back and hamstring muscles. However, it is important to understand the scope and limitations of this test to effectively interpret its results.

The Sit and Reach Test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against a box or a board, which is often marked with a measuring scale. From this position, the individual leans forward slowly as far as possible, and the distance reached by the hands on the board is recorded.

This test primarily measures the flexibility of the hamstring muscles and to some extent the lower back muscles. It does not, however, provide a comprehensive measurement of the lower back's range of motion or the flexibility of other related muscle groups such as the hip flexors. This is because the movement primarily involves hinging at the hips and extending the arms, which isolates the stretch primarily to the back of the thighs.

Moreover, the Sit and Reach Test does not effectively measure the flexibility of the hip joint itself. The hip joint plays a crucial role in overall lower body flexibility and mobility, encompassing a range of motions that this test does not address. The test also does not account for individual variations in limb length and torso length, which can significantly influence the results.

For a more comprehensive assessment of lower back flexibility, additional tests and measures should be considered. These might include tests that specifically target the lower back's range of motion, such as the lumbar extension or flexion tests. Similarly, assessing hip joint flexibility might require different tests such as the Thomas test or specific assessments performed by a healthcare professional.

In summary, while the Sit and Reach Test is a useful and practical tool for assessing certain aspects of flexibility, it has its limitations. It primarily evaluates the flexibility of the hamstrings and provides some indication of lower back flexibility but does not effectively measure the lower back's full range of motion or the flexibility of the hip joints. For a thorough evaluation, it should be used in conjunction with other tests and professional assessments.

NEW QUESTION # 68

A basic fitness assessment includes all of the following except:

- A. flexibility and body composition
- B. muscular strength
- **C. balance**
- D. cardiovascular and muscular endurance

Answer: C

Explanation:

The question asks to identify an element that is not typically included in a basic fitness assessment from a provided list. To clarify, a basic fitness assessment usually focuses on the primary components of physical fitness, which are essential to evaluate an individual's overall fitness level. These components include:

1. **Cardiovascular and Muscular Endurance** - This refers to the ability of the body's circulatory and respiratory systems to supply fuel during sustained physical activity and the muscles' capacity to continue to perform without fatigue. Assessing cardiovascular endurance might involve tests like the treadmill or step test, while muscular endurance can be gauged through exercises like push-ups or sit-ups within a specific time.
2. **Muscular Strength** - This measures the maximum force that a muscle or group of muscles can exert in a single effort. The common methods to assess muscular strength include using exercises like bench press or leg press.
3. **Flexibility** - This component tests the ability of each joint to move through the full range of motion available. Flexibility can be evaluated through various stretching exercises, where the performance can be measured, for example, using the sit-and-reach test.
4. **Body Composition** - This refers to the ratio of body fat compared to lean body mass. It is commonly assessed using tools like skinfold measurements, bioelectrical impedance analysis, or more advanced techniques such as DEXA scans.
5. **Balance** - Although balance is an important aspect of fitness, particularly for older adults or in rehabilitation settings, it is not typically considered a primary component in standard basic fitness assessments that focus more on cardiovascular, strength, endurance, flexibility, and body composition.

In conclusion, while balance is an essential skill and contributes to overall fitness and injury prevention, it is not commonly included as part of the primary assessments in a basic fitness evaluation. The primary components assessed typically revolve around cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Therefore, the correct answer to the question would be "balance," as it is the component not typically included in a basic fitness assessment.

NEW QUESTION # 69

A well-designed exercise program is based on:

- A. frequency of workouts
- B. progression of your client and variation of exercises
- **C. A and B**
- D. training goals

Answer: C

Explanation:

A well-designed exercise program is essential for achieving fitness goals effectively and safely. The design of such a program is based on several fundamental principles that help ensure it meets the individual needs of the user, promotes health, and prevents injury. These principles include training goals, progression, variation, and monitoring of exercise intensity and progress.

Training Goals: The foundation of any exercise program is the set of training goals. These goals should be specific, measurable, achievable, relevant, and time-bound (SMART). Goals can vary widely among individuals; they may include improving cardiovascular endurance, increasing muscular strength, enhancing flexibility, losing weight, or preparing for a specific sports event. A well-defined goal helps in creating a focused and effective exercise plan that directs all efforts towards achieving the desired outcome.

Progression and Variation: Once goals are set, the exercise program must be structured in a way that progressively challenges the body. Progression involves gradually increasing the intensity, duration, and complexity of the exercises as the individual's fitness levels improve. This is crucial for continued improvement and helps avoid plateaus. Variation in the exercises is equally important to ensure that all muscle groups are targeted and to prevent boredom. Changing the exercise routine every few weeks or months keeps the program interesting and challenging.

Monitoring Intensity and Progress: It is vital to monitor the intensity of workouts to make sure they align with the fitness levels and goals of the individual. This can be done through various methods such as heart rate monitoring, perceived exertion scales, or tracking the amount of weight lifted. Additionally, regular assessments of progress towards the goals are necessary to determine the effectiveness of the program. These assessments can help in identifying when it's appropriate to adjust the intensity or to introduce new exercises.

Frequency of Workouts: The frequency of workouts is another critical component of a well-designed exercise program. It depends largely on the training goals, the intensity of the workouts, and the recovery time required. Balancing these factors ensures that the body gets enough exercise to improve fitness while also having sufficient time to recover and prevent injuries.

In summary, a well-designed exercise program is a comprehensive plan that is tailored to the individual's fitness goals and abilities. It involves a thoughtful combination of goal setting, progressive overload, exercise variation, and regular monitoring of intensity and progress. Such a program not only helps in achieving fitness goals more effectively but also enhances motivation and minimizes the risk of injury, making the exercise journey both successful and enjoyable.

NEW QUESTION # 70

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