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Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q35-Q40):

NEW QUESTION # 35

When 2 bones conjoin together to form a synovial joint, the end surfaces of the bones are covered in

-
- A. muscle
 - B. connective tissues
 - C. articular cartilage
 - D. tendons

Answer: C

Explanation:

When two bones conjoin to form a synovial joint, the end surfaces of the bones are covered in ****articular cartilage****.

Articular cartilage is a specialized type of smooth, white tissue that coats the ends of bones in synovial joints. Its primary function is

to reduce friction and serve as a cushion between the bones, facilitating smooth and painless movement. This type of cartilage is composed primarily of water, collagen (a protein that provides structure), and proteoglycans (compounds that give the cartilage its elastic properties).

The presence of articular cartilage is critical because it allows the joint surfaces to glide over one another with minimal resistance and without damage to the underlying bone. Without this cartilage, the bones would rub directly against each other, causing pain, swelling, increased friction, and eventually leading to joint damage such as osteoarthritis.

Synovial joints are the most movable type of joint in the human body and include joints like the shoulders, elbows, knees, and hips. These joints are also enclosed in a synovial membrane that secretes synovial fluid, which further lubricates the joint, reducing friction and wear on the articular cartilage.

In summary, articular cartilage plays a crucial role in the function of synovial joints, promoting efficient movement and safeguarding the bones from wear and damage. Its degradation or damage can lead to joint pain and disorders, highlighting the importance of maintaining cartilage health through proper nutrition, regular exercise, and avoiding excessive joint stress.

NEW QUESTION # 36

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. not talking about their caloric intake
- C. reduced caloric intake to avoid gaining weight during pregnancy
- **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 # 37

Protein provides _____ calories per gram ingested.

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

Answer: D

Explanation:

Protein provides **4** calories per gram ingested. This value is a measure of how much energy is released from metabolizing proteins in the diet. Proteins are essential macronutrients that play a critical role in building and repairing tissues, making enzymes and hormones, and supporting immune function. They are polymers composed primarily of amino acids linked by peptide bonds. There are twenty different amino acids that can combine in various sequences to form a protein. The specific sequence of amino acids determines the protein's structure and function.

Proteins can be sourced from both animal and plant-based foods. Animal-based proteins, such as those found in meats, fish, eggs,

and dairy products, are considered complete proteins because they contain all nine essential amino acids that the human body cannot synthesize on its own. Plant-based proteins, found in foods like beans, nuts, and whole grains, often lack one or more of the essential amino acids but can be combined with other plant sources to form a complete protein profile.

Despite the common perception that higher protein intake is primarily associated with animal foods, it is entirely feasible to meet protein requirements from a plant-based diet. This can be advantageous as plant-based diets are often lower in saturated fats and higher in dietary fiber, which can contribute to improved heart health and other benefits. It is important for those following a vegetarian or vegan diet to plan their meals to ensure they consume a variety of proteins that together provide all essential amino acids.

Understanding that proteins provide 4 calories per gram can help individuals better manage their dietary intake and energy balance, especially when aiming for specific health and fitness goals. This knowledge assists in meal planning and ensuring a balanced intake of nutrients necessary for optimal body function.

NEW QUESTION # 38

Amenorrhea is best defined as:

- A. none of the above
- **B. the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur**
- C. undue influence of body weight
- D. the disturbance in the way his or her body weight, size, or shape is experienced

Answer: B

Explanation:

Amenorrhea is a medical term used to describe the absence of menstrual periods in a woman who is of reproductive age. It can be classified into two types: primary amenorrhea and secondary amenorrhea. Primary amenorrhea refers to the condition where a female has not started menstruating by the age of 16, whereas secondary amenorrhea is defined as the cessation of menstrual periods in a woman who has previously menstruated regularly and experiences the absence of menstruation for three consecutive cycles or more.

The most precise definition of amenorrhea, as given in the options above, would be "the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur." This definition specifically addresses secondary amenorrhea, which is more common than primary amenorrhea. Secondary amenorrhea can be caused by a variety of factors including hormonal imbalances, excessive physical exercise, eating disorders such as anorexia nervosa, stress, and certain medical conditions affecting the reproductive system or the endocrine system.

It is important to note that the cessation of menstrual cycles as mentioned in the question can lead to several other health complications. For instance, the reference to anorexia nervosa highlights how severe eating disorders can interrupt normal menstrual cycles due to extreme weight loss and malnutrition. This disruption in the menstrual cycle is just one aspect of the broader spectrum of health issues caused by such disorders, including cardiovascular problems like arrhythmias, severe nutrient deficiencies, and even life-threatening conditions.

Therefore, while the other options provided in the question might relate to symptoms or consequences associated with amenorrhea (such as those seen in eating disorders), the most accurate and straightforward definition of amenorrhea in a clinical sense is "the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur." This definition underscores the condition's specificity to the reproductive health of women, separate from the broader medical or psychological issues that might also be present.

NEW QUESTION # 39

An example of a Split-Routine training program is:

- A. Doing the splits every other day
- B. Day 2: Back and Biceps
- **C. B and C**
- D. Day 1: Chest, Shoulders and Triceps

Answer: C

Explanation:

A split-routine training program is a type of workout schedule that divides workouts by muscle groups, movements, or body parts, typically spread over multiple days of the week. This approach allows individuals to target specific areas of the body with greater intensity and volume while providing adequate rest and recovery periods for each muscle group.

An example of a split-routine training program might look like this: - Day 1: Chest, Shoulders, and Triceps - Day 2: Back and

Biceps - Day 3: Legs and Core - Day 4: Rest or repeat the cycle Each session in a split-routine focuses on one or two specific muscle groups, allowing for a concentrated and effective workout. This method can help in achieving higher levels of muscle strength and hypertrophy because it allows for maximum exertion in each session with a targeted approach, followed by recovery. The benefits of a split-routine training include improved muscular recovery, increased muscle size, and strength gains. By isolating muscle groups, athletes can increase the intensity of their workout on specific muscles without overstraining others, thereby optimizing each session for targeted muscle growth and endurance enhancements. Overall, a split-routine is highly beneficial for those looking to enhance their physical fitness in a structured manner, ensuring each part of the body is adequately challenged and allowed sufficient time to recover, leading to more effective training outcomes.

NEW QUESTION # 40

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