

# NESTA-PFT Prüfungs-Guide - NESTA-PFT Prüfungsfragen

## 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 Personal Fitness Trainer (NESTA-PFT) NESTA-PFT Prüfungsfragen mit Lösungen (Q54-Q59):

#### 54. Frage

It is vital that personal trainers help educate their clients by providing:

- A. information on nutritional methods
- B. factual information on safe and effective diet
- C. all of the above
- D. weight loss strategies

**Antwort: C**

Begründung:

It appears there's some confusion in the formatting of your question. Here's an expanded explanation of how personal trainers can educate their clients, broken down into clear points:

**\*\*Factual Information on Safe and Effective Diet:\*\*** It is crucial for personal trainers to provide their clients with reliable and scientifically-backed information regarding safe and effective dietary practices. This ensures that the clients are well-informed about healthy eating habits that can support their fitness goals. Personal trainers should focus on general principles of good nutrition, such as balanced intake of macronutrients (carbohydrates, proteins, and fats) and adequate hydration, rather than prescribing specific diet plans.

**\*\*Information on Nutritional Methods:\*\*** Besides basic diet information, personal trainers should also educate their clients on various nutritional methods that can complement their training regimen. This might include discussions on the timing of meals relative to exercise, the role of different nutrients in muscle recovery and growth, and how to adjust one's diet based on activity levels. Again, the key is to avoid prescribing specific diet plans, but rather to provide guidance that can help clients make informed choices.

**\*\*Weight Loss Strategies:\*\*** When it comes to weight loss, personal trainers should provide information that helps clients understand the fundamental principles of calorie balance and physical activity. Educating clients about how to achieve a sustainable weight loss through a combination of exercise and healthy eating is essential. Personal trainers should emphasize strategies that promote long-term changes in lifestyle rather than quick fixes.

**\*\*All of the Above:\*\*** Ultimately, the role of a personal trainer in educating clients about diet, nutrition, and weight loss encompasses all the above points. Trainers are there to guide and support their clients in understanding how various aspects of diet and nutrition interact with physical activity to influence their overall health and fitness goals. By providing comprehensive education on these topics, personal trainers can empower their clients to make knowledgeable decisions that enhance their well-being without stepping into the realm of medical or dietary prescription.

**\*\*Note on Scope of Practice:\*\*** It is important to remember that personal trainers are not dietitians or nutritionists unless they hold specific qualifications in these fields. Therefore, while they can offer general advice and education on diet and nutrition, they should not provide detailed meal plans or medical nutrition therapy. Instead, they can refer clients to registered dietitians or nutritionists for more specialized dietary guidance. This ensures that clients receive advice from appropriately qualified professionals when it comes to specific nutritional needs or clinical conditions.

#### 55. Frage

Changing your client's workouts to be effective and challenging is considered \_\_\_\_\_

- A. none of the above
- B. duration
- C. participation
- D. progression

**Antwort: D**

Begründung:

Progression in the context of fitness and training refers to the method of gradually increasing the intensity, duration, or complexity of exercise in a workout regimen. The primary goal of progression is to continuously challenge the body, thereby enhancing the physical capabilities of the client. This concept is fundamental in ensuring ongoing improvements and in avoiding fitness plateaus where the body adapts to the demands of the exercises and no longer experiences growth or improvement.

When changing a client's workouts to keep them effective and challenging, progression can be implemented in various ways. This might include increasing the weights lifted, extending the duration of the workout, incorporating more complex exercises, or reducing the rest periods between sets. Each of these modifications forces the muscles to adapt to new stresses, promoting strength gains, endurance enhancement, and overall fitness improvements.

Moreover, implementing progression not only helps in physical development but also plays a crucial role in keeping the client engaged and motivated. Regular changes to a workout plan can prevent boredom and maintain enthusiasm, making it more likely that the client will stick to their fitness goals. This dynamic approach to training also helps in catering to the evolving fitness levels of the client, ensuring that the workouts remain suitably challenging as their conditioning improves.

In summary, changing your client's workouts by incorporating progressive changes is essential not just for physical development but also for psychological motivation. This strategy ensures that workouts remain effective and challenging, aligning with the client's growing fitness levels and helping them achieve their long-term fitness objectives effectively.

### 56. Frage

Muscle is covered by a connective tissue called the epimysium which surrounds the entire muscle. Each muscle contains a bundle of fascicle that is surrounded by a layer of tissue called the \_\_\_\_\_.

- A. none of the above.
- B. perimysium
- C. myosin
- D. actin

**Antwort: B**

Begründung:

The correct answer to the question "Each muscle contains a bundle of fascicles that is surrounded by a layer of tissue called the \_\_\_\_\_." is "perimysium." The perimysium is a sheath of connective tissue that envelops each muscle fascicle, which is a bundle of muscle fibers. This layer helps to provide structural support to the muscle and separates the individual fascicles from each other.

Beyond the perimysium, each muscle is also covered by another connective tissue layer called the epimysium, which surrounds the entire muscle. This helps in maintaining the integrity and form of the muscle, protecting it from friction and allowing the force generated by the muscle to be transmitted to the tendons and, ultimately, to the skeletal system.

Within each muscle fascicle, the individual muscle fibers are further encased by a fine sheath of connective tissue called the endomysium. This layer provides essential support and protection to the individual muscle cells (fibers) and helps in maintaining the appropriate chemical environment needed for muscle function.

Each muscle cell, or fiber, has a specialized plasma membrane known as the sarcolemma. This membrane plays a crucial role in the excitation and conduction of electrical signals, which are essential for muscle contraction. The sarcolemma also helps in maintaining the homeostasis of the muscle cell, regulating the exchange of ions and other solutes.

In summary, the muscle's structure is composed of various layers of connective tissue-epimysium, perimysium, and endomysium-that provide support, protection, and separation for the muscle's components. The sarcolemma, enveloping each muscle fiber, is critical for the functional aspects of muscle contraction and coordination.

### 57. Frage

Suspension training allows individuals to manipulate body position and stability to provide a variety of exercises. An example of suspension training would be:

- A. ACX
- B. none of the above
- C. TRX
- D. ABX

**Antwort: C**

Begründung:

Suspension training is a form of resistance training that includes bodyweight exercises in which a variety of multi-planar, compound exercise movements can be performed. These are done with the aim of developing strength, balance, flexibility, and joint stability.

simultaneously. Suspension training equipment, such as the TRX Suspension Trainer, uses gravity and the user's body weight to complete the exercises.

An example of suspension training would be the TRX system. TRX stands for Total Resistance Exercises and is a specialized form of suspension training that was originally developed by a former Navy SEAL. It involves using equipment made from webbing and ropes that allows users to work against their own body weight. The TRX system is designed to be portable and can be set up anywhere with an anchor point, such as a door frame, tree, or sturdy overhead beam.

TRX training allows for a wide range of exercises that can target different parts of the body. By adjusting the position of the feet or hands, the level of difficulty can be altered, making the exercises accessible for beginners and challenging for advanced athletes. This type of training emphasizes core stability and functional fitness, which are crucial for improving performance in sports and daily activities.

Bodyweight exercises, as utilized in TRX training, are effective for developing muscular strength and endurance without the need for traditional weight lifting equipment. These exercises encourage the body to maintain proper alignment and balance, thus teaching effective movement patterns that are beneficial for overall physical fitness.

In summary, the TRX system is a prime example of suspension training, offering a versatile, effective, and accessible way to exercise using one's own body weight for resistance. This method is particularly beneficial for those looking to improve functional strength, flexibility, and body stability.

### 58. Frage

In today's environment, a constant supply of readily available food combined with a sedentary lifestyle \_\_\_\_\_.

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

**Antwort: B**

Begründung:

\*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.

### 59. Frage

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