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Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q90-Q95):

NEW QUESTION # 90

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

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

- D. muscle

Answer: B

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 # 91

Atherosclerosis begins when _____.

- **A. lipoproteins are deposited at the damaged site in the artery, forming plaque**
- B. none of the above
- C. blood flows through the arteries and blood vessels
- D. arteries are inflamed

Answer: A

Explanation:

Atherosclerosis is a complex process, often starting with damage or inflammation to the inner walls of arteries. This damage can be caused by various factors such as high blood pressure, smoking, high cholesterol, or diabetes. The damage to the arterial wall results in a response from the immune system, which includes the accumulation of macrophages, a type of white blood cell. These macrophages consume cholesterol and other lipids, leading to the formation of what is known as foam cells.

As these foam cells accumulate, they form fatty streaks along the arterial wall. Over time, additional lipoproteins (low-density and very low-density lipoproteins, specifically) are deposited at these damaged sites. These lipoproteins can oxidize, further attracting more macrophages and propagating the cycle of inflammation and deposition. This leads to the formation of a plaque, which is a build-up of lipids, cholesterol, calcium, and cellular debris.

As the plaque continues to grow, it can harden and cause the arteries to lose their elasticity, a condition known as arteriosclerosis.

The growing plaque can also impede the flow of blood through the artery. This restricted blood flow can lead to various complications depending on where in the body the artery is located. For example, if the blockage occurs in the coronary arteries, it can lead to chest pain (angina) or a heart attack. If it occurs in the cerebral arteries, it can lead to a stroke.

Therefore, while the deposition of lipoproteins at the site of arterial damage is a crucial part of the development of atherosclerosis, the process begins with the initial inflammation and damage to the arterial wall. Recognizing the inflammation as the starting point is key to understanding how to prevent and treat this condition effectively.

NEW QUESTION # 92

One of the problems with elastic tubing or bands is:

- **A. the tension in rubber changes as it is being stretched through a full range of motion**
- B. they are not always reliable
- C. none of the above
- D. they can be difficult to work with

Answer: A

Explanation:

One of the key issues with using elastic tubing or bands in exercise routines is the variability in tension as the rubber stretches through

different lengths. When elastic bands are pulled, the tension isn't constant; it increases as the band stretches. This can make it difficult to quantify how much resistance is being applied at different points during an exercise. For instance, in exercises where the band is stretched further, the tension and thus the difficulty of the exercise increases significantly. This variable resistance can be both a benefit and a challenge, depending on the intended exercise goals and the user's ability to handle increasing resistance throughout the movement.

Another problem with elastic bands is the lack of standardization among manufacturers regarding the color-coding systems used to indicate the level of resistance. Different brands might use the same color to represent different levels of tension. This inconsistency requires users to spend extra time reviewing the resistance levels associated with each color for every brand they use. Ensuring that one is using the correct resistance band for specific exercises is crucial to prevent injury and to achieve the desired training outcomes. This variability can complicate the preparation for workouts, particularly in settings like gyms or therapy centers where multiple brands of bands might be in use.

Moreover, because of the inherent nature of the material, elastic bands and tubing can sometimes be unreliable over extended periods of use. The material can degrade due to factors like overstretching, exposure to elements, or regular wear and tear. This degradation can lead to sudden snapping or breaking during use, posing safety risks to the user. Regular inspection and maintenance or replacement of these exercise tools are essential to ensure safety and effectiveness in training sessions.

In summary, while elastic bands are a popular and effective tool for resistance training, issues such as increasing tension with stretch, lack of standardized color-coding for resistance levels, and potential material failure make it necessary for users to be cautious and well-informed to use them safely and effectively. Proper understanding and management of these issues can help in harnessing the benefits of elastic bands while minimizing risks and inconsistencies during workouts.

NEW QUESTION # 93

With exercise, the amount of insulin injected for controlling blood glucose levels can be _____ in those with Type I Diabetes.

- A. increased
- B. none of the above
- C. the same
- D. lowered

Answer: D

Explanation:

The correct answer to the question "With exercise, the amount of insulin injected for controlling blood glucose levels can be _____ in those with Type I Diabetes." is "lowered." Exercise has a significant impact on the management of diabetes, particularly for individuals with Type I Diabetes. Regular physical activity is beneficial because it increases insulin sensitivity. This means that the cells of the body become better at absorbing sugar (glucose) from the bloodstream and using it for energy, which helps to lower blood sugar levels. As a result, the need for insulin injections, which are used to manage blood glucose levels, may decrease.

When an individual with Type I Diabetes engages in exercise, their body demands more glucose to fuel the muscles. Increased insulin sensitivity during and after exercise allows the muscles to use glucose more efficiently. Thus, less supplemental insulin might be needed to maintain blood glucose levels within a normal range. However, it is crucial for patients to monitor their blood sugar closely because physical activity can also potentially lead to hypoglycemia (low blood sugar levels).

It is important to note that while exercise can reduce the amount of insulin required, it does not eliminate the need for insulin in those with Type I Diabetes. The specific amount of insulin reduction can vary depending on the intensity and duration of the exercise, as well as individual responses, so personalized adjustments should be made under medical guidance.

In summary, consistent exercise is an effective tool for managing blood sugar levels in individuals with Type I Diabetes, potentially allowing for a reduction in the amount of insulin they need to inject. This adjustment helps in achieving better overall blood glucose control, contributing to the long-term health and well-being of those affected by this condition. However, any changes to insulin dosage should always be made in consultation with healthcare providers.

NEW QUESTION # 94

Prescribing an exercise program requires that it is appropriate for your client's current fitness level that achieves a balance between _____ and _____.

- A. risks and needs
- B. strength and flexibility
- C. goals and needs
- D. none of the above

Answer: C

Explanation:

The correct answer to the question "Prescribing an exercise program requires that it is appropriate for your client's current fitness level that achieves a balance between _____ and _____" is **"risks and needs."** When designing an exercise program for a client, it's crucial to strike a balance between the risks and the needs associated with their current fitness level and overall health profile. This approach ensures both safety and effectiveness, addressing the client's specific requirements while minimizing the potential for injury or health complications.

The term "risks" refers to the potential negative outcomes or injuries that could arise from engaging in an exercise regimen that is not suited to the client's current physical condition. For example, prescribing high-intensity exercises to someone with a history of heart disease could pose serious health risks. Similarly, recommending heavy weightlifting to a beginner could result in musculoskeletal injuries due to lack of strength or improper technique.

On the other hand, "needs" encompasses the client's fitness goals, physical health necessities, and any other personal objectives they wish to achieve through their exercise program. This might include improving cardiovascular health, losing weight, building muscle, enhancing flexibility, or rehabilitating an injury.

Therefore, a well-designed exercise program must carefully consider what the client needs to achieve from their workouts while ensuring that the activities do not expose them to undue risk. This balance is critical for fostering a sustainable, effective, and safe fitness journey. By addressing both aspects, the fitness professional can help the client progress towards their goals without compromising their health.

NEW QUESTION # 95

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