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Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q86-Q91):

NEW QUESTION # 86

Most doctors are prescribing exercise regimens for their patients to fight:

- A. Extensive headaches
- B. Feeling sleepy
- C. Decreased cardiac output
- D. Obesity, high blood pressure and diabetes

Answer: D

Explanation:

Most doctors are prescribing exercise regimens for their patients primarily to combat three prevalent health issues: obesity, high blood pressure, and diabetes. These conditions are interrelated and significantly contribute to the global burden of disease, affecting

millions of people worldwide.

Obesity is a major health concern that increases the risk of developing other medical conditions, including high blood pressure, diabetes, heart disease, and joint problems. Regular physical activity helps in managing weight effectively. Exercise increases energy expenditure and can help create a calorie deficit, which is crucial for weight loss and management.

High blood pressure, or hypertension, is another common condition that can be mitigated with regular exercise. Engaging in physical activities such as walking, jogging, or cycling helps improve heart health by strengthening the heart muscle. This, in turn, enables the heart to pump more efficiently, reducing the force on arteries and lowering blood pressure. Regular exercise also aids in maintaining a healthy vascular system and improving overall cardiovascular health.

Diabetes, particularly type 2 diabetes, is closely linked to both obesity and high blood pressure. Exercise plays a critical role in managing diabetes by improving insulin sensitivity. This means that the cells of the body become better at absorbing glucose and using it for energy, which helps to regulate blood sugar levels. Additionally, exercise helps in maintaining a healthy body weight, which is vital for preventing and managing diabetes.

Beyond these direct benefits, regular exercise also has broader health advantages, such as reducing stress, improving mental health, and enhancing physical fitness, which collectively contribute to a better quality of life. Doctors often see remarkable transformations in their patients' health within weeks of starting a regular exercise regime, highlighted by positive comments and noticeable improvements in their overall wellbeing.

In conclusion, the prescription of exercise regimens by doctors is a proactive approach to combat the interconnected issues of obesity, high blood pressure, and diabetes. By incorporating regular physical activity into daily routines, individuals can significantly improve their health and mitigate the risks associated with these conditions.

NEW QUESTION # 87

Exercise improves insulin sensitivity and reduces disease. It can protect against which of the following?

- A. high cholesterol and blood pressure
- **B. A and B**
- C. coronary artery disease and obesity
- D. exercise cannot prevent anything

Answer: B

Explanation:

Exercise is widely recognized for its numerous health benefits, including its ability to improve insulin sensitivity and reduce the risk of various diseases. This question explores how exercise can protect against specific health conditions. Here, the answer choices suggest that exercise can protect against coronary artery disease, obesity, high cholesterol, and high blood pressure.

****Coronary Artery Disease:**** Physical activity helps to improve blood circulation and heart health, reducing the risk of coronary artery disease. Regular exercise strengthens the heart muscle, improves blood flow, and can lead to improved cholesterol levels and lower blood pressure. These factors are crucial in preventing the buildup of plaques that can lead to coronary artery disease.

****Obesity:**** Exercise is a fundamental component in weight management and the prevention of obesity. By increasing the number of calories burned, exercise helps to maintain a healthy weight or contribute to weight loss. This is particularly important because obesity is a risk factor for many other health conditions, including diabetes, heart disease, and certain cancers.

****High Cholesterol:**** Engaging in regular physical activity can help lower levels of 'bad' LDL cholesterol and increase 'good' HDL cholesterol. This adjustment in cholesterol levels reduces the likelihood of cholesterol-related diseases, such as atherosclerosis, which can lead to heart attacks and strokes.

****High Blood Pressure:**** Exercise also plays a key role in managing and preventing high blood pressure (hypertension). Regular physical activity strengthens the heart, enabling it to pump more blood with less effort and reducing the force on the arteries, thereby lowering blood pressure.

In addition to these direct benefits, exercise contributes to overall better health, including improved mental health, stronger bones and muscles, and enhanced immune function. Despite the challenges that may come with scheduling and physical limitations, it is important for individuals to find feasible ways to incorporate exercise into their routines. For those under medical supervision, it is crucial to have clearance from a healthcare provider to ensure that any exercise plan is safe and appropriate for the individual's health status.

The suggestion that "exercise cannot prevent anything" is misleading and contradicts extensive scientific evidence supporting the preventive and therapeutic benefits of physical activity across various health conditions. Exercise is a powerful tool not only for disease prevention but also for enhancing quality of life and longevity.

NEW QUESTION # 88

A basic fitness assessment includes all of the following except:

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

Answer: B

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 # 89

Among Americans, caloric intakes are typically well above requirements, allowing

-
- **A. all of the above**
 - B. fat to contribute to an individual's fat stores
 - C. carbohydrates to contribute to an individual's fat stores
 - D. protein to contribute to an individual's fat stores

Answer: A

Explanation:

The question pertains to the impact of high caloric intake among Americans and how it allows different macronutrients-proteins, fats, and carbohydrates-to potentially contribute to an individual's fat stores. This can be expanded and explained as follows:

In the United States, it is a well-documented fact that many people consume more calories than their bodies need. The excess caloric intake is not limited to any single type of nutrient; it involves proteins, fats, and carbohydrates. When the intake of calories surpasses what the body requires for daily activities and metabolic functions, the surplus energy is stored in the body as fat.

Proteins, although primarily known for their role in building and repairing tissues, can also contribute to fat stores when consumed in excess. Normally, proteins are not the body's first choice for energy production; carbohydrates and fats primarily fulfill this role.

However, when protein intake exceeds body requirements, the excess amino acids are converted into forms that can be either used for energy or stored as fat. This process shows that even nutrients typically associated with muscle building, like protein, can contribute to increased fat levels if consumed in surplus.

Fats are the most energy-dense macronutrients, providing 9 calories per gram, compared to 4 calories per gram from proteins and carbohydrates. Naturally, excessive intake of fats is more likely to lead to fat accumulation. When dietary fats are consumed beyond what the body needs, they are directly stored in adipose tissues, contributing to an individual's fat stores. Given their high caloric content, even small amounts of excess dietary fats can result in significant fat storage.

Carbohydrates are the body's preferred energy source. When consumed, carbohydrates are broken down into glucose, which is either used immediately for energy or stored in the liver and muscles as glycogen. However, the capacity for glycogen storage is limited. Once these stores are full, any additional carbohydrates are converted to fat and stored in adipose tissues. Thus, like proteins and fats, overconsumption of carbohydrates can also contribute to the increase in an individual's fat stores.

The option "all of the above" in the context of this question indicates that proteins, fats, and carbohydrates, when consumed in

excess, can all contribute to increased fat storage. This highlights a key principle in nutrition: eating too much of anything, regardless of the nutrient type, can lead to weight gain. This is primarily due to the body's mechanisms for storing excess energy intake, regardless of the source. Thus, managing portion sizes and total caloric intake is crucial for maintaining a healthy body weight and preventing the associated health risks of overweight and obesity.

NEW QUESTION # 90

Those clients with osteoporosis or low bone density must be treated carefully. These clients have a higher risk for bone fracture. Which of the following should be avoided?

- **A. Vertical jumps and vertical trunk flexion**
- B. Using free weights or resistance bands
- C. Walking on the treadmill
- D. Balance exercises

Answer: A

Explanation:

Osteoporosis is a condition characterized by weakened bones, which significantly increases the risk of fractures. People with this condition or with low bone density should therefore be handled with particular care during physical activities and exercises. Given this context, it is essential to understand which types of exercises are less advisable and why.

Among the options provided, "Vertical jumps and vertical trunk flexion" should be avoided for clients with osteoporosis or low bone density. Vertical jumps involve high-impact movements where both feet leave the ground, and the bones must absorb a significant amount of force upon landing. This type of impact can be too stressful for weakened bones, potentially leading to fractures.

Similarly, exercises involving vertical trunk flexion, such as certain types of bending or twisting movements, can also pose a risk. These activities place additional pressure on the spine, which is particularly vulnerable in individuals suffering from osteoporosis. The spinal vertebrae can become compressed or fractured if subjected to excessive force or awkward movements.

In contrast, other options listed such as walking on a treadmill, using free weights or resistance bands, and balance exercises are generally safer and beneficial. Walking is a low-impact, weight-bearing exercise that helps in maintaining bone density without subjecting the bones to excessive stress. Using free weights or resistance bands can help in strengthening the muscles and bones without high impact or sudden, jarring movements.

Balance exercises are also crucial as they help improve coordination and prevent falls, which are a common cause of fractures in individuals with osteoporosis. These exercises typically involve low or no impact movements and can be adjusted to suit the individual's capability and risk level.

In summary, when dealing with clients who have osteoporosis or low bone density, it is advisable to avoid high-impact exercises and movements that stress the spine, such as vertical jumps and vertical trunk flexion. Instead, focus should be on low-impact, weight-bearing, and resistance-training exercises that help improve bone strength and stability while minimizing the risk of injury.

NEW QUESTION # 91

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