

# NESTA-PFT Schulungsangebot - NESTA-PFT Simulationsfragen & NESTA-PFT kostenlos downloaden

## 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.

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>> NESTA-PFT Exam Fragen <<

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## **Fitness NESTA Personal Fitness Trainer (NESTA-PFT) NESTA-PFT Prüfungsfragen mit Lösungen (Q75-Q80):**

### **75. Frage**

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

**Antwort: C**

Begründung:

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.

### **76. Frage**

Exercise does not provoke cardiovascular events in healthy individuals with normal cardiovascular systems. However, in those with heart conditions of any kind could result in cardiac arrest. Some of those conditions include:

- A. Hypertrophic cardiomyopathy
- B. Abnormal blood vessels and arteries
- **C. All of the above**
- D. Aortic stenosis

**Antwort: C**

Begründung:

Exercise is generally beneficial for the cardiovascular system, enhancing overall heart health and endurance. In healthy individuals with a normal cardiovascular system, exercise does not typically provoke cardiovascular events. However, the scenario changes when considering individuals with pre-existing heart conditions. These individuals are at a higher risk of experiencing cardiovascular events such as cardiac arrest during physical activity due to their compromised heart health.

Some specific heart conditions that could increase the risk of a cardiovascular event during exercise include: - **Abnormal blood vessels and arteries**: Any abnormalities in the structure or function of blood vessels and arteries can impede blood flow, increasing the stress on the heart during exercise. - **Aortic stenosis**: This condition involves narrowing of the aortic valve, which can limit blood flow from the heart to the rest of the body, forcing the heart to work harder. - **Hypertrophic cardiomyopathy**: This genetic disorder causes the heart muscle to thicken abnormally, which can obstruct blood flow and affect the heart's electrical system, increasing the risk of sudden cardiac events during physical exertion.

Given these conditions, it's crucial for fitness professionals and healthcare providers to conduct thorough initial assessments of clients who wish to start an exercise program. Screening for any signs, symptoms, or other risk factors associated with cardiovascular disease is essential. Key indicators might include chest pain, excessive shortness of breath, dizziness, or unusual fatigue, which could suggest underlying heart conditions that need further evaluation by a medical professional.

If any such signs or symptoms are detected during the initial assessment, it is prudent to advise the client to consult with their doctor before continuing with any exercise regimen. The doctor can conduct more detailed tests and provide specific guidelines and precautions to ensure that the exercise program is safe and beneficial for the client, considering their specific heart health status. In summary, while exercise is beneficial for most individuals, those with existing heart conditions must approach physical activity with caution and under professional guidance to prevent any adverse cardiovascular events.

### 77. Frage

A basic fitness assessment includes all of the following except:

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

**Antwort: A**

Begründung:

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.

### 78. Frage

Hyperemia is the increased amount of blood flow to the working muscles of the body. As exercise increases, so too does the delivery of oxygen and nutrients to the muscles. This in turn increases the removal of waste products such as:

- A. carbon dioxide
- B. lactate
- C. A and B
- D. sweat

**Antwort: C**

Begründung:

Hyperemia refers to the condition where there is an increased blood flow to specific areas of the body, which commonly occurs in the working muscles during exercise. This increase in blood flow helps to meet the higher metabolic demands of active muscles. As exercise intensity rises, the muscles require more oxygen and nutrients, which are delivered through this increased blood circulation. The primary benefits of hyperemia include the enhanced delivery of oxygen and essential nutrients to the muscles which supports their function and aids in performance. Concurrently, this process also facilitates the removal of metabolic waste products that are

produced by muscles during exercise. Two major waste products generated are lactate and carbon dioxide.

Lactate, often referred to as lactic acid, is produced as a byproduct of anaerobic metabolism when the muscles are exerting high levels of effort and the oxygen supply is limited. The removal of lactate from the muscles into the bloodstream helps to prevent acidosis and muscle fatigue.

Similarly, carbon dioxide is another byproduct of metabolism, produced during aerobic energy production. Increased blood flow aids in the efficient removal of carbon dioxide by transporting it from the muscles to the lungs, where it is expelled from the body through exhalation.

Additional physiological adjustments occur during prolonged exercise to manage body temperature and prevent overheating. One such mechanism involves the movement of plasma from the blood vessels into the surrounding tissues. This shift helps to increase the water available for sweating, a key process in thermoregulation. Sweating facilitates heat loss through evaporation, cooling down the body effectively during intense or extended physical activities.

In summary, the body's response to exercise involves complex interactions and adaptations, including hyperemia, which not only supports enhanced muscle performance but also assists in the management of waste products and body temperature, ensuring that physical activities can be sustained safely and effectively.

### 79. Frage

An example of instrumental support is which of the following?

- A. transportation to a fitness facility
- B. spotter for weightlifting at the gym
- C. A and B
- D. none of the above

**Antwort: C**

Begründung:

The question asks for an example of instrumental support. Instrumental support refers to tangible, practical forms of assistance that help someone achieve a goal or complete tasks. This form of support can be contrasted with emotional support, which involves providing empathy, care, and encouragement to help someone cope emotionally.

Let's analyze the options provided to identify which ones could be considered examples of instrumental support: 1. **Transportation to a fitness facility** - This option directly involves providing practical aid that helps an individual access physical resources they might not be able to utilize otherwise. For someone who may have difficulty reaching a gym due to lack of a vehicle or public transport options, offering transportation is a form of instrumental support. It removes a physical barrier to participation in fitness activities. 2. **Spotter for weightlifting at the gym** - Having a spotter during weightlifting is another clear example of instrumental support. A spotter provides physical assistance to ensure that the weightlifter can train safely, helping to prevent injury and also enabling the weightlifter to potentially lift heavier weights than they could safely manage alone. The spotter's role is crucial in providing the practical support needed for effective and safe exercise.

Given these considerations, both options listed (transportation to a fitness facility and a spotter for weightlifting) are examples of instrumental support as they both entail providing practical, tangible assistance that helps an individual perform specific tasks (getting to the gym and safely lifting weights).

The repeated sections of text following each option emphasize the importance of discussing potential barriers with clients to ensure regular gym attendance. This discussion, while related to providing support, is more aligned with informational support (offering advice and information) and does not directly influence the choice of the correct answer to the question about instrumental support. Therefore, the correct answer to the question "An example of instrumental support is which of the following?" would likely be "A and B," indicating that both transportation to a fitness facility and having a spotter for weightlifting at the gym are forms of instrumental support. This is because both actions involve providing direct, physical aid that assists the individual in accomplishing specific fitness-related tasks.

### 80. Frage

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