

# NESTA-PFT Downloadable PDF, NESTA-PFT Training Questions

## 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) Sample Questions (Q101-Q106):

#### NEW QUESTION # 101

Vibrational training can lead to:

- A. changes in body composition
- **B. all of the above**
- C. weight loss
- D. greater increases in lean body mass

**Answer: B**

Explanation:

Vibrational training, also known as whole-body vibration training, involves performing exercises on a platform that vibrates at a specific frequency and amplitude. This method of training is gaining popularity due to its various health and fitness benefits. Below, we will explore how vibrational training can lead to greater increases in lean body mass, weight loss, and changes in body composition.

**\*\*Greater Increases in Lean Body Mass\*\*** Vibrational training can significantly contribute to increases in lean body mass. When you perform exercises on a vibrating platform, your muscles must work harder to maintain balance and perform the exercises, leading to increased muscle activation. The rapid vibrations cause a reflexive contraction of muscles, often at a rate higher than what is achieved through conventional training. This heightened muscle activity can lead to gains in muscle strength and size over time, contributing to an increase in lean body mass.

**\*\*Weight Loss\*\*** Vibrational training can also aid in weight loss. The intensified muscle contractions during vibrational training not only help in building muscle mass but also increase metabolic rate. An elevated metabolic rate means that your body burns more calories, even at rest. Furthermore, as muscle tissue burns more calories than fat tissue, increases in muscle mass through vibrational training can further enhance calorie burning, thereby supporting weight loss efforts.

**\*\*Changes in Body Composition\*\*** Additionally, vibrational training can lead to changes in body composition, which refers to the ratio of fat to lean tissue in the body. As mentioned, with an increase in muscle mass and the potential for fat loss through elevated metabolic rates, vibrational training can shift body composition towards a higher proportion of lean muscle mass relative to body fat. This shift not only contributes to a healthier overall body composition but can also improve physical appearance, performance, and overall health.

**\*\*Conclusion: All of the Above\*\*** Given that vibrational training can lead to greater increases in lean body mass, aid in weight loss, and affect positive changes in body composition, it is clear that all the benefits listed can be attributed to this type of exercise.

Vibrational training offers a unique combination of benefits, making it a valuable addition to a fitness regime, particularly for those looking to improve strength, reduce body fat, and enhance overall physical health efficiently.

#### NEW QUESTION # 102

By building rapport, you will lay the foundation for \_\_\_\_\_.

- A. continued training
- B. listening
- **C. trust**
- D. none of the above

**Answer: C**

Explanation:

Establishing a strong foundation of trust is essential in almost any relationship, particularly in contexts where personal or sensitive issues are involved, such as in a client-trainer relationship. Rapport is the initial step in creating a comfortable environment where trust can flourish. When a personal trainer builds rapport, they are effectively opening the channels of communication and setting a

tone of friendliness and respect.

Trust is pivotal because it empowers clients to open up and share their genuine concerns, goals, and challenges without fear of judgment or misunderstanding. This level of openness is crucial for the trainer to accurately assess the client's needs and to tailor training programs that are both effective and motivating. Without trust, clients may withhold important information that could impact their training effectiveness or progress.

Furthermore, trust enhances the commitment of both parties. Clients who trust their trainers are more likely to stick with their programs and follow advice, and trainers who feel trusted are more likely to invest extra effort in assisting their clients. This mutual commitment helps in achieving better outcomes.

Trust is built over time and requires consistency, empathy, and genuine interest in the client's well-being. Personal trainers who demonstrate these qualities will likely succeed in creating a trusting and productive training environment. This environment is not only conducive for physical training but also supports the overall mental and emotional well-being of the client, thereby fostering a holistic approach to health and fitness.

### NEW QUESTION # 103

When training a client, it is important to determine which of the following?

- A. which exercises work best for your client and keep doing them over and over again.
- B. frequency and intensity of each exercise
- C. duration and type of exercise
- **D. A and B**

**Answer: D**

Explanation:

When training a client, it is crucial to determine a variety of factors to ensure that the exercise program is effective, safe, and tailored to meet the client's individual needs. Here are the key elements to consider:

**\*\*Frequency and Intensity of Each Exercise\*\***: Understanding how often (frequency) and how hard (intensity) a client should exercise is foundational to designing a fitness program. Frequency refers to the number of exercise sessions per week, while intensity refers to the level of effort required during the exercise. These parameters should be adjusted based on the client's fitness level, goals, and any physical or medical limitations they may have. For example, a beginner may start with lighter exercises at a lower frequency and gradually increase as their fitness improves.

**\*\*Duration and Type of Exercise\*\***: The length of each exercise session (duration) and the kind of activities performed (type) are also critical to consider. Duration will depend on the client's fitness levels, goals, and time availability. The type of exercise (e.g., cardiovascular, strength training, flexibility) should align with the client's objectives, whether it's weight loss, muscle building, improving flexibility, or enhancing cardiovascular health.

**\*\*Designing Exercises for Your Client\*\***: It's essential to design a program that aligns with the client's fitness levels, goals, and any physical limitations, including time constraints. This personalized approach ensures that the exercises are both achievable and challenging, promoting long-term commitment and minimizing the risk of injury.

**\*\*Which Exercises Work Best for Your Client\*\***: While variety in a fitness program can help maintain interest and maximize results, identifying which exercises work best for the client and focusing on them can be beneficial. However, it is important to periodically review and adjust the exercise selection to prevent plateaus, ensure continued progress, and address any new goals or changes in the client's condition.

**\*\*A and B\*\***: The options listed above are not mutually exclusive and often, a combination of these considerations (referred to as "A and B") is necessary for a comprehensive approach. By integrating multiple aspects of fitness planning - from the intensity and frequency of workouts to the types and durations of exercises - trainers can create a holistic and effective program tailored to the client's needs.

In conclusion, determining the right mix of frequency, intensity, duration, and types of exercises, while also considering the client's specific limitations and goals, is key to developing a successful and sustainable fitness program. This approach not only helps in achieving the desired physical outcomes but also supports the client's overall well-being and motivation.

### NEW QUESTION # 104

The short term effects of exercise include:

- A. An increased metabolism
- B. Endorphins not being released
- C. Increased energy, reduced stress and better sleep
- **D. A and B**

**Answer: D**

Explanation:

The question asks about the short-term effects of exercise. The immediate benefits of engaging in physical activities are numerous and can be felt shortly after starting an exercise regime. These benefits include increased energy, reduced stress, and better sleep. Let's expand on each of these points:

**Increased energy:** When you exercise, your body's metabolism is stimulated, leading to an increase in energy production. Physical activity enhances the efficiency of the cardiovascular system, allowing more oxygen and nutrients to be delivered to your tissues. This results in heightened energy levels, making you feel more alert and active after a workout.

**Reduced stress:** Exercise is a well-known stress reliever. It helps in the production of endorphins, which are chemicals in the brain that act as natural painkillers and mood elevators. These chemicals can create feelings of euphoria and general well-being, thus reducing stress and anxiety. Regular physical activity also helps in regulating the levels of stress hormones, such as adrenaline and cortisol.

**Better sleep:** Engaging in regular physical activity can help you fall asleep faster and deepen your sleep. Exercise increases the body's temperature, and the post-exercise drop in temperature may promote falling asleep. Moreover, by reducing stress and anxiety, exercise makes it easier to relax and enjoy a more restful sleep.

The answer "A and B" refers to the inclusion of both increased energy and reduced stress as short-term effects of exercise.

Moving on to the long-term effects of exercise, these include maintenance of weight loss, prevention of disease, and increased mobility. Additionally, there is an increased metabolism. Let's delve deeper into these points:

**Maintenance of weight loss:** Regular physical activity increases the total energy expenditure, which helps in burning calories.

Combined with a balanced diet, exercise is a crucial part of any weight loss program and, more importantly, for maintaining the weight loss over a long period.

**Prevention of disease:** Exercise boosts the immune system and has been shown to help prevent a range of diseases, from simple infections like the common cold to chronic conditions such as heart disease, type 2 diabetes, and some types of cancer.

**Increased mobility:** Regular exercise strengthens the muscles, bones, and joints, helping to improve balance, flexibility, and endurance. This increased mobility is crucial for maintaining independence, especially as you age.

**An increased metabolism:** Long-term exercise also contributes to an increased metabolic rate, which means your body burns more calories even when at rest. This not only helps in weight management but also improves overall energy levels and body functions.

The answer "A and B" for the long-term effects refers to the inclusion of both the maintenance of weight loss and the prevention of disease as benefits of sustained physical activity.

### NEW QUESTION # 105

Another name for the trachea is the wind pipe. It is made up of C-shaped cartilage rings that serve three important functions. They include:

- A. The C-shaped cartilage rings offer support for the trachea. They support, protect, and maintain an open airway.
- B. The trachea lies anterior to the esophagus; it supports the esophagus, and allows for large amounts of food to pass down into the stomach by collapsing slightly.
- C. All of the above
- D. The tough cartilage prevents over-expansion of the respiratory system.

**Answer: C**

Explanation:

The explanation for the given question can be addressed by breaking down the functions of the C-shaped cartilage rings of the trachea, also known as the windpipe. These rings are crucial for several reasons:

First, the primary role of the C-shaped cartilage rings is to provide structural support to the trachea. These rings ensure that the trachea remains open and maintains its shape. This is vital because the trachea serves as the main passageway through which air moves in and out of the lungs. Without these cartilage rings, the trachea could collapse, leading to severe breathing difficulties.

Second, these cartilage rings protect the trachea. The trachea is located in the neck and extends down into the chest, making it vulnerable to external pressures and possible injuries. The rigidity of the cartilage rings helps shield the trachea from such external forces, ensuring that it remains functional and intact.

Third, the cartilage rings help maintain an open airway, which is essential for effective respiration. The C-shape of the rings allows for flexibility and slight expansion during breathing, particularly when there is a large volume of air passing through. This flexibility helps prevent the trachea from over-expanding and also allows the esophagus (which lies directly behind the trachea) to expand when swallowing large pieces of food.

Regarding the other aspects mentioned in the question, they relate to the general mechanics of breathing but are not directly linked to the specific functions of the C-shaped cartilage rings. For instance, during exhalation, the diaphragm (the primary muscle responsible for breathing) moves upward, and the intercostal muscles (muscles between the ribs) relax. This relaxation leads to a decrease in the pressure within the thoracic cavity (the chest area), facilitating the expulsion of air from the lungs.

In summary, the C-shaped cartilage rings of the trachea are crucial for maintaining tracheal integrity and function. They support and

protect the trachea while ensuring that it remains open to facilitate the passage of air, which is essential for respiration. These features highlight the importance of the cartilage structure in respiratory health and efficiency.

## NEW QUESTION # 106

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