

New NESTA-PFT Exam Dumps, NESTA-PFT New Study Questions

NESTA PFT Exam Prep questions with correct answers

What are the four steps in "Bridging the Gap"? - correct answers ✓✓ Assess, Design, Instruct, Re-assess

What is an implicit goal? - correct answers ✓✓ Implied but not mentioned

What is an explicit goal? - correct answers ✓✓ Goals that are mentioned

What is the kinetic chain, and what is its function? - correct answers ✓✓ 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 answers ✓✓ Involuntary actions (digestive tract, bladder, uterus, blood vessel walls) No striations

What is cardiac muscle tissue? - correct answers ✓✓ Involuntary but has some striations; Heart

What is skeletal muscle tissue? - correct answers ✓✓ Voluntary movements; all muscles controlling movements

What are the three layers of muscle fascia? - correct answers ✓✓ Epimysium (outer), perimysium, endomysium (inner)

What are mechanoreceptors? - correct answers ✓✓ Respond to touch, pressure, vibrations, or stretch.

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Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q98-Q103):

NEW QUESTION # 98

Even in the absence of exercise, pregnancy may increase metabolic demand by 300 calories per day to maintain energy balance, therefore, as a personal trainer you should recommend _____

- A. reduced caloric intake to avoid gaining weight during pregnancy
- B. none of the above
- C. not talking about their caloric intake
- **D. adequate caloric intake to offset exercise effect**

Answer: D

Explanation:

The correct recommendation for a personal trainer to make in context of pregnancy and maintaining energy balance is: "adequate caloric intake to offset exercise effect." Pregnancy naturally increases a woman's metabolic demand. This heightened demand is primarily due to the body's need to support the developing fetus. It is estimated that metabolic rates can increase by about 300 calories per day. This is a base level increase, even without considering additional caloric expenditure from physical activity or exercise. Therefore, it is essential for pregnant women to consume sufficient calories to meet these increased demands.

When advising pregnant clients, personal trainers should emphasize the importance of not only maintaining a healthy exercise regimen but also ensuring adequate nutritional intake. The focus should be on a balanced diet that provides both the mother and the fetus with the necessary nutrients to support overall health and proper development. This includes sufficient intake of proteins, fats, carbohydrates, vitamins, and minerals.

It's also crucial to consider any high-risk factors that might affect dietary and exercise recommendations. High-risk pregnancy considerations can include age (over 35), a history of miscarriages, pre-existing conditions like diabetes or thyroid disorders, anemia, obesity, and even a previously sedentary lifestyle. Each of these factors may require tailored advice from healthcare professionals, including a nutritionist and an obstetrician, to ensure the safety of both the mother and the fetus during pregnancy.

Therefore, a personal trainer should not only recommend adequate caloric intake to offset the increased metabolic demands of pregnancy but also encourage regular consultations with healthcare providers to adjust dietary and exercise plans as needed. This holistic approach helps in promoting a healthy pregnancy and managing any risks associated with high-risk conditions.

NEW QUESTION # 99

The concentric (shortening) muscle or eccentric (lengthening) muscle where the speed and tension are constant through the range of lengthening and contracting are known as _____.

- **A. isokinetic**
- B. concentric
- C. isometric
- D. eccentric

Answer: A

Explanation:

The correct answer to the question is "isokinetic." Isokinetic exercises are those in which the muscle contracts and shortens at a constant speed throughout the entire range of motion. Whether the muscle is engaging in a concentric (shortening) or eccentric (lengthening) action, the speed remains consistent.

Isokinetic exercises are particularly beneficial because they ensure that the muscle is loaded optimally throughout the entire movement, which can enhance strength development and improve muscle coordination. This type of exercise requires specialized equipment, such as an isokinetic dynamometer, which controls the speed of movement and matches the resistance to the user's force output throughout the range of motion.

A practical example of where isokinetic exercises are utilized is in rehabilitation settings. These exercises help patients recover from injuries by allowing them to safely build strength without overloading the muscles and joints. Because the speed and resistance are controlled, these exercises minimize the risk of re-injury while promoting muscle activation and growth.

Pilates is another area where the principles of isokinetic exercise are applied, although it must be noted that traditional Pilates

exercises themselves are not strictly isokinetic. However, adaptations of Pilates exercises can be made isokinetic with the use of equipment like reformers which can be adjusted to provide consistent resistance throughout a movement. This approach to Pilates helps in strengthening and lengthening the muscles effectively, thereby enhancing overall muscular balance and posture.

NEW QUESTION # 100

You must help your clients set realistic goals that are measurable in the initial stage of an exercise program. When clients expect too much too soon, they often become _____.

- **A. B and C**
- B. try to exercise beyond their current level of fitness
- C. excited
- D. frustrated

Answer: A

Explanation:

When setting initial goals in an exercise program, it is crucial for fitness professionals to help clients establish realistic and measurable goals. If clients set their expectations too high early on, they often become frustrated or try to exercise beyond their current level of fitness, which can lead to negative outcomes.

Setting realistic goals plays a key role in maintaining motivation and commitment. Unrealistic goals can lead to disappointment and a perceived failure, which often results in frustration. This frustration can demotivate clients and reduce their likelihood of sticking with the exercise program over the long term.

Additionally, when clients expect too much too soon, there's a risk they may attempt to perform workouts that are too intense or advanced for their current fitness level. This not only increases the risk of injury but also contributes to physical and mental burnout. The client might push themselves too hard in an attempt to meet unrealistic goals, which can lead to them feeling overwhelmed and possibly deciding to drop out of the program altogether.

To prevent these scenarios, it is important to guide clients in setting specific, short-term goals that are achievable and aligned with their current fitness capabilities. These goals should be clear and measurable, such as aiming to add a certain amount of time to their cardio routine, increasing the weight they lift by a small increment, or successfully completing a set number of workouts each week. Achieving these smaller goals can provide a sense of accomplishment and encourage clients to continue progressing towards more significant long-term objectives.

In summary, by helping clients set realistic and measurable goals at the start of their exercise program, fitness professionals can help them avoid frustration and the pitfalls of exercising beyond their current level of fitness. This approach not only promotes physical safety and gradual improvement but also supports sustained engagement and satisfaction in their fitness journey.

NEW QUESTION # 101

The transport and consumption of oxygen throughout the body during exercise are excellent health benefits for:

- A. cardiorespiratory fitness
- B. weight loss
- **C. A and B**
- D. chest discomfort

Answer: C

Explanation:

The question addresses the benefits of the increased transport and consumption of oxygen during exercise. This physiological process primarily enhances cardiorespiratory fitness and can also aid in weight loss. Each option and its explanation will be elaborated upon to clarify their implications for health.

****Cardiorespiratory Fitness:**** Cardiorespiratory fitness refers to the ability of the circulatory and respiratory systems to supply oxygen to muscles during sustained physical activity. During exercise, the body's oxygen demand increases to support the energy production needed for muscle work. The heart pumps more vigorously to circulate blood, and the lungs work harder to increase oxygen uptake. This enhanced cardiovascular activity strengthens the heart and lungs, improves blood flow, and increases the efficiency of the body's metabolic processes. Over time, regular exercise that challenges the cardiorespiratory system can lead to improvements in heart health, lung capacity, and overall stamina.

****Weight Loss:**** Exercise contributes to weight loss by burning calories, and the role of oxygen in this process is crucial. The increased consumption of oxygen during physical activity is directly linked to the burning of stored fats and carbohydrates for energy. The more intense the exercise, the more oxygen is required, and thus, more calories are burned. This caloric deficit, when combined with a balanced diet, leads to weight loss. Additionally, regular exercise boosts metabolism, further aiding in weight management.

over time.

****Chest Discomfort:**** While the original statement includes "chest discomfort" as an option, it is essential to differentiate between normal physical responses to exercise and potential warning signs. Typically, moderate to vigorous exercise can cause temporary heavy breathing or an increased heart rate, which should not be confused with actual chest pain or discomfort. However, if chest discomfort occurs, it could indicate underlying health issues such as cardiovascular problems, and immediate medical attention should be sought. In this context, exercise itself is not a direct benefit for chest discomfort but maintaining an active lifestyle with appropriate intensity can contribute to overall cardiovascular health and potentially prevent future cardiac issues.

In conclusion, the increased transport and consumption of oxygen during exercise are particularly beneficial for enhancing cardiorespiratory fitness and assisting in weight loss. These activities improve the efficiency and health of the heart and lungs while also helping to manage body weight effectively. However, any occurrence of chest discomfort during exercise should be taken seriously and assessed by healthcare professionals, as it may signify more severe health conditions.

NEW QUESTION # 102

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

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

Answer: C

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 # 103

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