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## Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q87-Q92):

### NEW QUESTION # 87

Erythrocytes are red blood cells and they contain a protein called\_\_\_\_\_.

- A. hemoglobin
- B. estrogen
- C. progesterone
- D. testosterone

**Answer: A**

Explanation:

The correct answer to the question "Erythrocytes are red blood cells and they contain a protein called \_\_\_\_\_." is hemoglobin. Hemoglobin is a crucial protein found abundantly in erythrocytes, more commonly known as red blood cells. This protein is essential for transporting oxygen from the lungs to different parts of the body and returning carbon dioxide back to the lungs for expulsion.

Hemoglobin has a high affinity for oxygen, and its molecular structure allows each molecule to bind up to four oxygen molecules. This binding capability is what facilitates the efficient transport of oxygen. Moreover, the presence of hemoglobin gives red blood cells their characteristic red color, as the iron in hemoglobin binds with oxygen, creating a bright red hue.

Red blood cells are the most numerous cells in the blood, making up about 99% of its cellular components. This high proportion underscores the importance of hemoglobin and erythrocytes in sustaining life. The primary function of these cells is to ensure the delivery of oxygen to all body tissues and the removal of carbon dioxide, a waste product of metabolism, maintaining the crucial balance of respiratory gases.

In summary, hemoglobin is the key protein in erythrocytes that enables the transport of oxygen and carbon dioxide, vital for respiratory gas exchange and overall physiological functions.

### NEW QUESTION # 88

Some medications prescribed to patients with heart conditions reduce \_\_\_\_\_ in the bloodstream.

- A. hemoglobin
- B. pain
- C. cholesterol
- D. water

**Answer: C**

Explanation:

The question asks: "Some medications prescribed to patients with heart conditions reduce \_\_\_\_\_ in the bloodstream." It appears that the choices given for the blank are hemoglobin, water, cholesterol, and pain. To determine the correct answer, let's explore each option in the context of heart conditions and medications.

**\*\*Hemoglobin:\*\*** Hemoglobin is a protein in red blood cells that carries oxygen from the lungs to the rest of the body and returns carbon dioxide from the body to the lungs. While there are conditions that might require manipulation of hemoglobin levels, medications specifically prescribed for heart conditions do not typically target hemoglobin directly. Instead, they focus on factors that affect heart workload and blood flow.

**\*\*Water:\*\*** While not a direct target, some medications for heart conditions such as diuretics are used to reduce water retention in the body. Diuretics help the kidneys remove excess water and salt from the body through urine. This reduction in fluid volume can decrease the workload on the heart and lower blood pressure, which is beneficial in heart failure and hypertension. However, the statement about reducing "water in the bloodstream" is not accurate; diuretics reduce overall body water volume, which indirectly affects the blood volume.

**\*\*Cholesterol:\*\*** Many heart conditions are exacerbated by high cholesterol levels, which can lead to atherosclerosis (narrowing of

the arteries due to plaque buildup). Medications such as statins are commonly prescribed to reduce cholesterol levels and manage the risk associated with heart disease. By lowering cholesterol, these drugs help prevent further arterial blockage and reduce the risk of heart attacks and strokes.

**\*\*Pain:\*\*** While managing pain is important in overall healthcare, medications specifically intended to reduce pain are not typically used to directly treat heart conditions. Pain relief may be a secondary effect of some medications that improve overall heart function or reduce complications from heart disease, but it is not the primary target when treating heart conditions with medication. Based on this analysis, the most suitable answer to fill in the blank would be "cholesterol." Medications prescribed for heart conditions often aim to reduce cholesterol levels in the bloodstream to manage and prevent complications arising from heart disease.

### NEW QUESTION # 89

Touch is a powerful medium and is an integral part of how we communicate. Fitness professionals regularly use 'touch' in personal training through

- A. spotting
- B. stretching
- C. correcting body alignment
- **D. all of the above**

**Answer: D**

Explanation:

Touch is a powerful medium and is an integral part of how we communicate. In the context of fitness and personal training, the use of touch is often necessary and beneficial for several purposes. These include spotting, stretching, and correcting body alignment. Let's explore how each of these plays a crucial role in effective personal training.

**\*\*Spotting\*\*** is a technique used by fitness professionals to ensure safety and support while a client performs an exercise, particularly with free weights or when learning new movements. The primary goal of spotting is to help prevent injuries by assisting the client in maintaining control during the exercise. For instance, during a bench press, a trainer might place their hands near the barbell to be ready to catch it or assist in lifting if the client cannot complete a rep. This preventive measure not only ensures safety but also builds trust and confidence between the client and the trainer.

**\*\*Stretching\*\*** is another area where touch is often used. Trainers may apply manual stretches to help clients improve flexibility, relieve muscle tightness, or enhance a warm-up or cool-down phase of a workout. By physically guiding the stretch through touch, trainers can help ensure the correct form and degree of stretch, reducing the risk of injuries and helping muscles to relax effectively.

**\*\*Correcting body alignment\*\*** involves the trainer physically adjusting the client's posture or positioning during an exercise. This is crucial for preventing injuries and ensuring that the client is getting the maximum benefit from their workout. Misalignment during exercises can lead to uneven muscle development and strain, which can cause discomfort or long-term issues. By using touch, a trainer can reposition a client's limbs or torso to align correctly, enhancing the exercise's effectiveness and safety.

Despite the benefits, it is crucial for fitness professionals to maintain a professional distance and set appropriate boundaries when using touch. Clear communication is key. Before physically interacting, trainers should always ask for permission and explain why and how they will touch the client. This approach not only respects the client's personal space and comfort levels but also fosters a professional and respectful trainer-client relationship. Establishing and adhering to these boundaries ensures that the use of touch is both effective and ethical, maintaining the trust and integrity vital in personal training.

In conclusion, the application of touch in personal training—through spotting, stretching, and correcting body alignment—is invaluable for ensuring safety, effectiveness, and proper technique. However, it must always be conducted with the utmost professionalism and respect for the client's boundaries and comfort levels. By balancing these elements, fitness professionals can effectively support their clients' fitness journeys while upholding high ethical standards.

### NEW QUESTION # 90

Amenorrhea is best defined as:

- A. the disturbance in the way his or her body weight, size, or shape is experienced
- **B. the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur**
- C. undue influence of body weight
- D. none of the above

**Answer: B**

Explanation:

Amenorrhea is a medical term used to describe the absence of menstrual periods in a woman who is of reproductive age. It can be classified into two types: primary amenorrhea and secondary amenorrhea. Primary amenorrhea refers to the condition where a

female has not started menstruating by the age of 16, whereas secondary amenorrhea is defined as the cessation of menstrual periods in a woman who has previously menstruated regularly and experiences the absence of menstruation for three consecutive cycles or more.

The most precise definition of amenorrhea, as given in the options above, would be "the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur." This definition specifically addresses secondary amenorrhea, which is more common than primary amenorrhea. Secondary amenorrhea can be caused by a variety of factors including hormonal imbalances, excessive physical exercise, eating disorders such as anorexia nervosa, stress, and certain medical conditions affecting the reproductive system or the endocrine system.

It is important to note that the cessation of menstrual cycles as mentioned in the question can lead to several other health complications. For instance, the reference to anorexia nervosa highlights how severe eating disorders can interrupt normal menstrual cycles due to extreme weight loss and malnutrition. This disruption in the menstrual cycle is just one aspect of the broader spectrum of health issues caused by such disorders, including cardiovascular problems like arrhythmias, severe nutrient deficiencies, and even life-threatening conditions.

Therefore, while the other options provided in the question might relate to symptoms or consequences associated with amenorrhea (such as those seen in eating disorders), the most accurate and straightforward definition of amenorrhea in a clinical sense is "the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur." This definition underscores the condition's specificity to the reproductive health of women, separate from the broader medical or psychological issues that might also be present.

### NEW QUESTION # 91

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 tough cartilage prevents over-expansion of the respiratory system.
- C. 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.
- D. All of the above

### Answer: D

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 # 92

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