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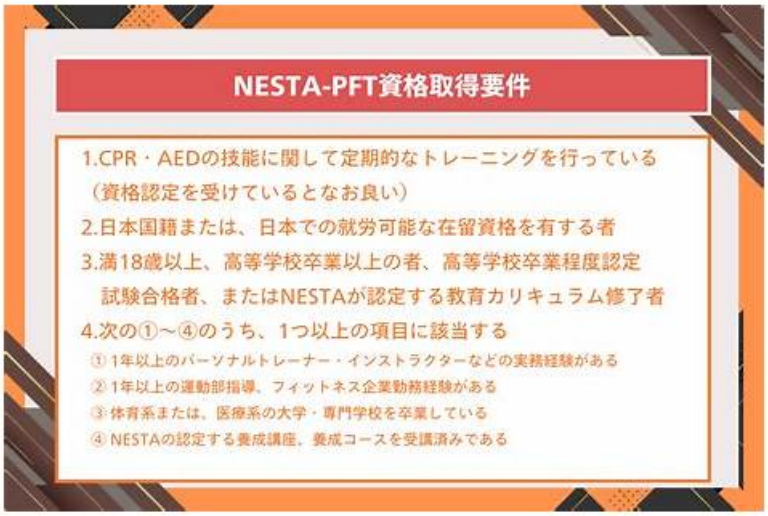

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弊社は成立以来、ますます完全的になっている体系、もっと豊富になっている問題集、より安全的になっている支払保障、よりよくなるサービスを持っています。現在提供するNESTA-PFTの資料は多くのお客様に認可されました。あなたは試験に参加したいなら、我々の全面的なNESTA-PFT問題集はあなたに大助けを提供します。

数年以来弊社のJPNTestのIT試験分野での研究を通して、弊社はこの職業での重要な存在になります。弊社の開発したソフトは非常に全面的です。FitnessのNESTA-PFT試験ソフトは販売量が一番高いソフトの一で、受験生をよく助けて受験生に試験に合格させます。知られているのはFitnessのNESTA-PFT試験に合格すればITという職業でよく発展しています。

>> NESTA-PFT模擬試験最新版 <<

Fitness NESTA-PFT認定試験の資格を入手したいのか

IT職員の一員として、目前のFitnessのNESTA-PFT試験情報を明らかに了解できますか？もし了解しなかったら、心配する必要がありません。我々社JPNTestは試験政策の変化に応じて、FitnessのNESTA-PFT問題集をタイムリーに更新しています。こうした、お客様に完備かつ高品質のNESTA-PFT試験資料を提供できます。

Fitness NESTA Personal Fitness Trainer (NESTA-PFT) 認定 NESTA-PFT 試験問題 (Q79-Q84):

質問 # 79
A basic fitness assessment includes all of the following except:

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

正解：C

解説：
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.

質問 # 80
An example of acute adaptations that occur immediately after, and sometimes during exercise are:

- A. increased blood flow
- B. A and B
- C. stroke volume
- D. cardiac output

正解：B

解説：
When considering the physiological responses to exercise, it's important to differentiate between acute and chronic adaptations. Acute adaptations refer to the immediate, temporary changes that occur in the body's systems in response to a single bout of exercise. Chronic adaptations, on the other hand, refer to the long-term changes that develop after repeated exercise sessions over a period of time.
One prime example of an acute adaptation is the increase in stroke volume. Stroke volume is the amount of blood ejected from the left ventricle of the heart with each heartbeat. During exercise, the body needs more oxygen and nutrients, which are carried to the muscles by the blood. To meet this increased demand, the heart pumps more blood with each beat, thereby increasing the stroke volume. This adaptation helps to deliver more blood, and consequently more oxygen and nutrients, to working muscles during exercise.
Another acute adaptation related to the cardiovascular system is the increase in cardiac output. Cardiac output is defined as the volume of blood pumped by the heart per minute, and it is calculated by multiplying the stroke volume by the heart rate. As both stroke volume and heart rate increase during exercise, cardiac output significantly rises. This increase is crucial for enhancing blood flow to the muscles, skin, and other organs, facilitating the transfer of oxygen, carbon dioxide, and metabolites.
Increased blood flow itself is a crucial acute adaptation during exercise. As muscles become active, they require more blood supply. The blood vessels in those muscles dilate, a process known as vasodilation, which increases blood flow to those areas. This not only supports increased metabolic activity but also aids in the removal of waste products like carbon dioxide and lactic acid. Enhanced blood flow also helps in regulating body temperature during physical activity through the process of sweating.
In summary, acute adaptations like increased stroke volume, cardiac output, and blood flow are critical for meeting the heightened demands of tissues during exercise. These adaptations are immediate responses of the body to facilitate physical activity and maintain homeostasis. Understanding these physiological changes is essential for optimizing exercise performance and preventing injuries.

質問 # 81
When the body is using oxygen when exercising, it is undergoing_____.

- A. anxiety
- B. none of the above
- C. aerobic exercise

- D. decreased body tension

正解：C

解説：
When the body is using oxygen during exercise, it is undergoing **aerobic exercise**. This term is derived from the Greek word "aero," meaning "air," and "bio," meaning "life," reflecting the process where the body uses oxygen to meet its energy demands during prolonged physical activity.
Aerobic exercise includes activities like walking, jogging, cycling, swimming, and any other endurance-type activities that increase the heart rate and breathing for a sustained period. These exercises are typically moderate in intensity and can be maintained over longer durations.
During aerobic exercise, the body burns carbohydrates and fats using oxygen, producing carbon dioxide and water as waste products. This efficient use of oxygen helps in generating large amounts of adenosine triphosphate (ATP), the energy currency of the cells. This energy supports sustained physical activity.
Engaging regularly in aerobic exercise has numerous health benefits. It improves cardiovascular health by strengthening the heart and lungs and increasing the efficiency with which the body uses oxygen. It also helps in regulating weight, reducing the risk of type 2 diabetes, enhancing immune function, and alleviating depression and anxiety.
In contrast, anaerobic exercise, such as weight lifting or sprinting, involves quick bursts of energy and is performed at maximum effort for a short duration. This form of exercise does not rely primarily on oxygen for energy production and instead, it uses energy sources stored within the muscles, such as ATP and creatine phosphate.
Therefore, when referring to the use of oxygen during exercise, the correct term to use is aerobic exercise. This type of exercise promotes better oxygen consumption and energy production over time, which is essential for maintaining overall health and fitness.

質問 # 82
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.

正解：C

解説：
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.

質問 # 83
Unless there is an orthopedic limitation that using the stability ball would alleviate, it is recommended that
_____.

- A. novice exercisers with poor balance first attain proficiency at performing exercises on a stable surface.
- B. novice exercisers practice on an exercise ball first
- C. B and C
- D. novice exercisers receive proper instruction before attempting any exercise with a stability ball

正解：C

解説：
The question implies that unless an individual has an orthopedic condition which makes using a stability ball beneficial, it is recommended that certain precautions and practices are followed. The answer options provided seem to suggest multiple correct responses which are grouped under "B and C." Here is an expanded explanation of these responses: *
*1. **Novice Exercisers with Poor Balance Should First Attain Proficiency on Stable Surfaces**: For beginners in exercise, particularly those with poor balance, it's crucial to first build confidence and muscle control on stable surfaces. A stable surface provides the necessary support to learn the correct form and technique without the added challenge of maintaining balance. Starting on an unstable surface like a stability ball can increase the risk of injury due to falls or incorrect form. Once proficiency is achieved on stable surfaces, the exerciser can gradually progress to more challenging equipment like stability balls, which can enhance core strength and overall balance. *
*2. **Novice Exercisers Should Receive Proper Instruction Before Using a Stability Ball**: Stability balls are effective tools for building core strength, improving balance, and enhancing overall fitness. However, their use requires proper technique to avoid injuries. Novice exercisers should ideally receive guidance from a fitness professional who can provide instructions on how to correctly perform exercises using a stability ball. This includes how to maintain balance, how to position the body correctly, and how to execute movements safely and effectively. Proper instruction ensures that the exerciser gains the maximum benefit from the workout while minimizing the risk of injury. *
*3. **Always Choose a Burst-resistant Stability Ball and Inspect It for Suggested Weight Capacity**: This is a critical safety measure. Stability balls come in various types, and selecting a burst-resistant model is essential as it is designed to withstand intense workouts and heavier weights without bursting. A burst-resistant ball, when punctured, will deflate slowly rather than popping suddenly, which can prevent falls and injuries. Additionally, it is important to check the weight capacity of the ball to ensure it can safely support the user's weight. Regular inspection for any signs of wear, tear, or damage is also crucial to maintain safety during exercise. This practice helps in prolonging the life of the ball and ensuring the safety of the user. *
*4. **Conclusion**: Combining these practices ensures a safe and effective workout for novice exercisers using a stability ball. Starting with exercises on a stable surface, receiving proper training, and using a safe, suitable equipment are foundational steps that support injury prevention and success in fitness routines.

質問 # 84
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