

# Quiz Fitness - The Best NESTA-PFT - NESTA Personal Fitness Trainer (NESTA-PFT) Practice Exam Fee



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## Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q40-Q45):

### NEW QUESTION # 40

Resistance training contributes to heart health by:

- A. lowering blood sugar
- B. lowering blood pressure and cholesterol levels
- C. improving heart functioning
- **D. all of the above**

**Answer: D**

Explanation:

Resistance training, often associated with lifting weights, is not only beneficial for building muscle and increasing strength; it also plays a significant role in enhancing heart health. Here's how resistance training contributes to various aspects of cardiovascular health:

**\*\*Improving Heart Functioning\*\*** Resistance exercise can improve the heart's efficiency and functioning. Regular resistance training increases cardiac output, which is the amount of blood the heart can pump per minute. It also enhances the elasticity of blood vessels, ensuring better circulation and reducing the workload on the heart. Over time, this adaptive response can lead to a stronger, more efficient heart.

**\*\*Lowering Blood Pressure and Cholesterol Levels\*\*** One of the key benefits of resistance training is its ability to help lower blood pressure. During resistance exercises, blood vessels dilate to allow greater blood flow, which over time can reduce the overall pressure within the vascular system. Additionally, resistance training can positively affect cholesterol levels. It can lower LDL (low-density lipoprotein) or "bad" cholesterol, which is responsible for plaque buildup in the arteries. Simultaneously, it can increase HDL (high-density lipoprotein) or "good" cholesterol, which helps remove cholesterol from the arteries and transport it back to the liver for disposal.

**\*\*Lowering Triglycerides and Enhancing Lipid Profile\*\*** Resistance training helps in lowering triglycerides, which are a type of fat found in the blood. High levels of triglycerides can increase the risk of coronary artery disease. Regular resistance training can modify the body's lipid profile, reducing the risk of cardiovascular diseases.

**\*\*Lowering Blood Sugar\*\*** Resistance training also plays a crucial role in managing blood sugar levels. It increases muscle mass, and more muscle mass is effective at clearing glucose from the blood and improving insulin sensitivity. This is particularly beneficial for people with type 2 diabetes or those at risk of developing this condition. By lowering blood sugar levels, resistance training helps protect against complications related to high blood sugar, including damage to the heart and blood vessels.

**\*\*All of the Above\*\*** Considering all these factors, resistance training contributes to heart health by improving heart functioning, lowering blood pressure and cholesterol levels, reducing triglycerides, and managing blood sugar levels. Engaging in regular resistance training is a comprehensive approach to maintaining and enhancing cardiovascular health, making it an essential component of a balanced exercise regimen.

### NEW QUESTION # 41

An exercise leader plays a role similar to a personal trainer. A big part of this job is:

- A. acknowledging new members and introducing themselves
- B. doing a workout that fits them and not the members
- **C. A and B**
- D. engaging, connecting and getting to know the members in class

**Answer: C**

Explanation:

The question revolves around the key responsibilities of an exercise leader, which are akin to those of a personal trainer. The main focus is on how exercise leaders should engage with members of a class to ensure effectiveness in their role. Let's break down each part of the question and provide a detailed explanation:

The primary role of an exercise leader or a personal trainer is to engage actively with class members. This involves various interactive and interpersonal activities that help in building a connection with each participant. By engaging, the trainer can create a supportive and motivating environment, which is crucial for the participants' success in achieving their fitness goals.

A significant part of this engagement process is getting to know the members. Understanding each member's unique needs, fitness levels, and personal goals allows the trainer to tailor the workouts and advice accordingly. This personalized attention helps in maximizing the effectiveness of the exercise routines and ensures that the members feel valued and understood.

Acknowledging new members and introducing themselves at the beginning is another critical responsibility. This initial interaction sets the tone for future communications. It makes new members feel welcome and comfortable in the new environment, which can be intimidating for many. A friendly introduction can significantly reduce any anxiety they might feel about joining a new fitness class. Discussing goals and expectations with members is another core duty. This dialogue helps the exercise leader understand what each member hopes to achieve through their workout regimen. Whether it's weight loss, building strength, improving flexibility, or

enhancing cardiovascular health, knowing these goals enables the trainer to provide focused guidance and realistic expectations. Checking in with members after class is also vital. This follow-up can be used to provide feedback on the member's performance during the class, discuss any difficulties they faced, and adjust future workouts as needed. Regular check-ins also help in building a relationship of trust and encouragement, showing the members that the trainer is genuinely interested in their progress and well-being. Finally, it is important to note what is not typically part of an exercise leader's role: doing workouts that primarily fit their own fitness needs rather than those of the members. A good exercise leader designs and implements workout plans that cater to the fitness levels and goals of the class participants, not just personal preferences or convenience.

In conclusion, the role of an exercise leader or personal trainer is multifaceted and focuses on engaging with members, understanding their individual goals and needs, and fostering an environment of support and motivation. Each interaction, whether it's an introduction, a goal-setting conversation, or a post-class check-in, plays a crucial role in ensuring that members benefit maximally from the class and feel valued and supported in their fitness journey.

#### NEW QUESTION # 42

Suspension training allows individuals to manipulate body position and stability to provide a variety of exercises. An example of suspension training would be:

- A. ABX
- **B. TRX**
- C. none of the above
- D. ACX

**Answer: B**

Explanation:

Suspension training is a form of resistance training that includes bodyweight exercises in which a variety of multi-planar, compound exercise movements can be performed. These are done with the aim of developing strength, balance, flexibility, and joint stability simultaneously. Suspension training equipment, such as the TRX Suspension Trainer, uses gravity and the user's body weight to complete the exercises.

An example of suspension training would be the TRX system. TRX stands for Total Resistance Exercises and is a specialized form of suspension training that was originally developed by a former Navy SEAL. It involves using equipment made from webbing and ropes that allows users to work against their own body weight. The TRX system is designed to be portable and can be set up anywhere with an anchor point, such as a door frame, tree, or sturdy overhead beam.

TRX training allows for a wide range of exercises that can target different parts of the body. By adjusting the position of the feet or hands, the level of difficulty can be altered, making the exercises accessible for beginners and challenging for advanced athletes. This type of training emphasizes core stability and functional fitness, which are crucial for improving performance in sports and daily activities.

Bodyweight exercises, as utilized in TRX training, are effective for developing muscular strength and endurance without the need for traditional weight lifting equipment. These exercises encourage the body to maintain proper alignment and balance, thus teaching effective movement patterns that are beneficial for overall physical fitness.

In summary, the TRX system is a prime example of suspension training, offering a versatile, effective, and accessible way to exercise using one's own body weight for resistance. This method is particularly beneficial for those looking to improve functional strength, flexibility, and body stability.

#### NEW QUESTION # 43

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

**Answer: B**

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 # 44

The average person who does resistance training should intake how many grams of protein per kg. of body weight?

- A. 1.2 - 1.7
- B. 1.8
- C. 2.0
- D. 1.0

**Answer: A**

Explanation:

The average person who engages in resistance training should ideally consume between 1.2 to 1.7 grams of protein per kilogram of body weight each day. This recommendation is based on a broad consensus among sports nutritionists and dietetic associations which suggest that this range is sufficient to support muscle repair, growth, and overall recovery needed from the stress of weightlifting or resistance exercises.

Protein is a crucial macronutrient in the diet of individuals performing resistance training because it contains amino acids, which are the building blocks for muscle. After engaging in resistance training, muscles undergo wear and tear, and the intake of adequate protein facilitates the repair and growth of these muscle fibers. Consuming protein in the suggested range (1.2 - 1.7 grams per kg of body weight) helps ensure that the muscles receive enough amino acids to undergo this essential process.

It is important to note that individual protein needs can vary based on several factors including age, gender, the intensity of exercise, overall health, and specific training goals (such as muscle gain or fat loss). For example, athletes aiming for muscle mass gain might need protein at the higher end of the recommended spectrum or even slightly above it. Conversely, those who are more interested in general fitness might find the lower end of the range adequate.

Additionally, some people might respond differently to various levels of protein intake due to differences in metabolism, digestion, and other physiological factors. These individual variations can affect how well one adheres to their caloric needs and nutrition goals. Therefore, it's beneficial for individuals to monitor their body's response to different protein intakes and adjust accordingly, possibly with the guidance of a dietitian or a nutritionist.

In summary, while the general guideline for protein intake for those involved in resistance training is 1.2 to 1.7 grams per kilogram of body weight, this amount may need to be tailored to meet personal health requirements and fitness goals. Monitoring how your body responds to different levels of protein can be key to finding the optimal intake for supporting muscle repair, growth, and overall training outcomes.

#### NEW QUESTION # 45

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