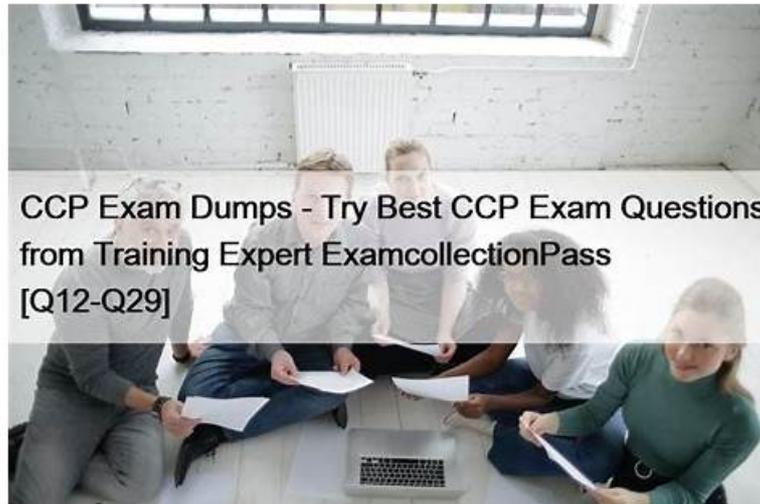


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## Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q96-Q101):

### NEW QUESTION # 96

A basic fitness assessment includes all of the following except:

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

**Answer: C**

Explanation:

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.

### NEW QUESTION # 97

An example of a Split-Routine training program is:

- A. Doing the splits every other day
- B. Day 1: Chest, Shoulders and Triceps
- C. Day 2: Back and Biceps
- **D. B and C**

**Answer: D**

Explanation:

A split-routine training program is a type of workout schedule that divides workouts by muscle groups, movements, or body parts, typically spread over multiple days of the week. This approach allows individuals to target specific areas of the body with greater intensity and volume while providing adequate rest and recovery periods for each muscle group.

An example of a split-routine training program might look like this: - Day 1: Chest, Shoulders, and Triceps - Day 2: Back and Biceps - Day 3: Legs and Core - Day 4: Rest or repeat the cycle Each session in a split-routine focuses on one or two specific muscle groups, allowing for a concentrated and effective workout. This method can help in achieving higher levels of muscle strength and hypertrophy because it allows for maximum exertion in each session with a targeted approach, followed by recovery.

The benefits of a split-routine training include improved muscular recovery, increased muscle size, and strength gains. By isolating muscle groups, athletes can increase the intensity of their workout on specific muscles without overstraining others, thereby optimizing each session for targeted muscle growth and endurance enhancements.

Overall, a split-routine is highly beneficial for those looking to enhance their physical fitness in a structured manner, ensuring each part of the body is adequately challenged and allowed sufficient time to recover, leading to more effective training outcomes.

### NEW QUESTION # 98

It is important to use a foam roller before you perform your stretching and flexibility routine. You begin by placing the part of the body that needs massaging on the roller, keeping the muscle relaxed as much as possible while applying pressure to its entire length. You should spend about \_\_\_\_\_ seconds applying pressure to the tender spots.

- **A. 0**
- B. 1
- C. 2
- D. 3

**Answer: A**

Explanation:

The correct time to spend applying pressure to tender spots when using a foam roller is about 30 seconds. This duration allows the muscles to respond to the pressure, helping to release tension and promote relaxation.

When using a foam roller as part of a stretching and flexibility routine, it is important to start by positioning the body part that requires attention directly on the roller. It is crucial to keep the muscle relaxed to ensure that the pressure applied is effective. By moving slowly over the roller and allowing it to press into the muscle, you target the tight or tender areas known as trigger points.

Spending approximately 30 seconds on each tender spot is recommended because this duration provides sufficient time for the muscle fibers to begin to relax and for any tightness to start to dissipate. Applying pressure for too short a time may not give the muscle enough signal to release tension, while excessively long pressure might lead to increased discomfort or bruising. With regular use of the foam roller before stretching, you should gradually notice a reduction in muscle tension. Over time, the initially tender spots will become less sensitive as the muscles become more supple and less prone to tightness. This improvement can lead to enhanced flexibility, reduced pain, and better overall muscle performance.

#### NEW QUESTION # 99

Complex carbohydrates are \_\_\_\_\_.

- A. whole grain breads, cereals, starchy vegetables and legumes
- B. fruits and vegetables
- C. found in soft drinks
- D. milk and dairy products

**Answer: A**

Explanation:

Complex carbohydrates are primarily found in foods such as whole grain breads, cereals, starchy vegetables, and legumes. These types of carbohydrates are beneficial to health because they generally contain higher fiber amounts, vitamins, and minerals compared to simple carbohydrates.

Complex carbohydrates take longer for the body to break down and digest. This slower digestion process provides a more sustained release of energy, prevents rapid spikes in blood sugar, and helps maintain a longer feeling of fullness after eating, which can aid in weight management.

In terms of caloric content, like all carbohydrates, complex carbohydrates provide 4 calories per gram. It is recommended by health experts to source most dietary carbohydrates from complex carbohydrates because they also offer additional nutritional benefits. These include fresh fruits, vegetables, whole grains, and beans. These foods not only contribute to energy needs but also provide fiber, essential for digestive health and maintaining healthy cholesterol levels.

Consuming too many refined carbohydrates, such as those found in processed foods like white bread, white rice, pastries, and other sweets can lead to health issues such as weight gain, increased blood sugar levels, and a higher risk of diabetes and heart disease. These processed foods often lack the fiber and nutrients present in complex carbohydrates.

Therefore, for better health outcomes, it is advisable to limit intake of refined carbohydrates and focus on consuming complex carbohydrates from whole, unprocessed foods. This dietary approach supports overall health, promotes stable blood sugar levels, and helps in maintaining a healthy weight.

#### NEW QUESTION # 100

R.I.C.E. stands for Rest, Ice, Compression and Elevate. It is best administered:

- A. At night
- B. At the onset of an injury
- C. On the bruised area
- D. 48 hours after the injury occurred

**Answer: B**

Explanation:

The acronym R.I.C.E. stands for Rest, Ice, Compression, and Elevation. It is a first aid treatment used to manage soft tissue injuries such as sprains, strains, and bruises. This method helps reduce swelling, pain, and inflammation and promotes quicker healing of the injured area.

The reason why R.I.C.E. is best administered at the onset of an injury is due to the immediate effects it has on minimizing swelling and preventing further injury. When an injury occurs, the damaged tissues release chemicals that cause fluid to leak into the tissues, leading to swelling and pain. Applying R.I.C.E. steps promptly can help control this process.

\*Rest\* is crucial as it prevents further strain or stress on the injured area, which could worsen the damage. \*Ice\* helps in narrowing blood vessels, which reduces the flow of blood and other fluids into the injured area, thereby minimizing swelling and providing a numbing effect to dull the pain. \*Compression\* involves wrapping the injured area with a bandage or a compression wrap to help decrease swelling. Finally, \*Elevation\* means raising the injured part above the level of the heart to reduce blood flow to the area, which helps in reducing swelling and pain.

Implementing R.I.C.E. immediately after the injury provides the best chance to reduce pain and swelling quickly. Delaying this treatment, such as waiting until nightfall or 48 hours after the injury occurred, can allow time for swelling to increase and can

complicate the healing process.

Therefore, it is beneficial for individuals such as athletes, coaches, and personal trainers to be familiar with and ready to apply R.I.C.E. at the first sign of any soft tissue injury. This proactive approach ensures that the injured individual receives immediate care, which can significantly impact the overall recovery time and effectiveness of the treatment.

## NEW QUESTION # 101

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