

# Newest NESTA-PFT Test Discount - How to Download for NESTA-PFT Exam Blueprint Free of Charge

## NESTA PFT Exam Prep

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

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

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

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

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

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

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

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

What are thermoreceptors? - correct answer Respond to changes in temperature.

What are nociceptors? - correct answer Respond to painful stimuli.

What are photoreceptors? - correct answer Respond to light to allow vision.

What are chemoreceptors? - correct answer Respond to chemical stimuli (food odors, carbon dioxide, glucose).

What is the function of the somatic nervous system? - correct answer Innervates skeletal muscle to create movement via motor neurons. Always excitatory.

What is the sympathetic nervous system? - correct answer "Fight or flight" Blood pressure/heart rate increase, digestive slowing.

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## **Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q45-Q50):**

### **NEW QUESTION # 45**

The heart is made up of four chambers, four valves and multiple \_\_\_\_\_.

- A. None of the above
- B. lobes
- C. blood vessels
- D. veins

**Answer: C**

Explanation:

The correct answer to the question is "blood vessels." The heart is indeed comprised of four chambers, four valves, and multiple blood vessels. These components are crucial for the heart's function, which is to pump blood throughout the body, supplying oxygen and nutrients, and removing waste products.

The four chambers of the heart include two atria and two ventricles. The right atrium receives deoxygenated blood from the body and passes it to the right ventricle, which then sends it to the lungs for oxygenation. The left atrium receives oxygenated blood from the lungs and passes it to the left ventricle, which then pumps it out to the rest of the body.

The heart's four valves are integral in maintaining proper blood flow direction and preventing backflow. These valves include the tricuspid valve between the right atrium and ventricle, the pulmonary valve between the right ventricle and pulmonary artery, the mitral valve between the left atrium and ventricle, and the aortic valve between the left ventricle and aorta.

Blood vessels associated with the heart include arteries, veins, and capillaries. Arteries carry oxygen-rich blood away from the heart, while veins bring oxygen-poor blood back to the heart. Capillaries connect arteries and veins and facilitate the exchange of oxygen, carbon dioxide, nutrients, and waste between blood and tissues.

Understanding the structure and role of each component of the heart is crucial for grasping how the cardiovascular system functions to maintain homeostasis and overall health.

### **NEW QUESTION # 46**

Flexibility is best defined as:

- A. how far you can stretch a muscle with a little bounce
- B. the normal extensibility of all soft tissues that allow full range of motion for each joint
- C. stretching the muscles until you feel a pull that feels uncomfortable
- D. none of the above

**Answer: B**

Explanation:

Flexibility is best defined as the normal extensibility of all soft tissues that allow full range of motion for each joint.

This definition encapsulates the essential role that flexibility plays in both daily activities and athletic performance. Flexibility involves the ability of muscles, ligaments, and tendons to stretch appropriately, which supports functional movements. When these soft tissues are flexible, they enable the joints to move through their full range without restriction.

Many people tend to overlook the importance of flexibility training, focusing instead on other forms of physical fitness like strength training or cardiovascular health. However, flexibility is crucial as it enhances performance by improving movement efficiency and reducing the risk of injury. When muscles are tight, they are more prone to tears and strains during physical activity. Conversely, well-stretched muscles more effectively handle the stresses of both everyday motions and rigorous exercise routines.

Flexibility training, such as regular stretching exercises, yoga, or pilates, helps maintain the health of the connective tissue and increases overall body coordination and balance. It also promotes better posture and can alleviate or prevent back pain and other muscle or joint issues. Furthermore, improved flexibility contributes to greater range of motion, which can lead to better sports performances and decreased injury rates.

It's important to note that while flexibility can be enhanced through regular training, genetic factors also play a role in determining individual flexibility limits. Therefore, while everyone can work toward improving their flexibility, the degree of flexibility achievable will vary from person to person.

In summary, flexibility is not merely about "how far you can stretch a muscle" or pushing it to feel an uncomfortable pull. Proper

flexibility training ensures that all soft tissues of the body have the necessary extensibility to perform full joint movements without pain or injury, thus supporting overall physical fitness and health.

#### NEW QUESTION # 47

Relative contraindications are a cause for concern and may require modifications when performing an assessment test. They include:

- A. Uncontrolled metabolic disease such as diabetes
- **B. All of the above**
- C. Moderate stenotic heart disease
- D. Severe arterial hypertension

**Answer: B**

Explanation:

Relative contraindications are conditions that don't outright prevent a person from undertaking an assessment test, such as exercise testing, but do necessitate caution or modifications to the test protocol. Understanding and recognizing these contraindications is crucial for ensuring the safety and effectiveness of the test being performed. Here, we will discuss each listed condition to understand why they are considered relative contraindications.

**Moderate Stenotic Heart Disease:** Stenotic heart disease involves the narrowing of the heart's valves or arteries. Moderate forms of this disease can significantly affect how blood flows through the heart and to the rest of the body during increased activity levels. In an assessment test, particularly those that involve physical exertion, this condition could lead to inadequate blood flow, chest pain, or even more severe cardiac events. Therefore, any test protocol must be adjusted to avoid pushing the heart beyond safe limits.

**Severe Arterial Hypertension:** Hypertension, or high blood pressure, particularly in its severe forms, poses risks during physical assessments. High blood pressure can strain the heart and arteries, increasing the risk of a heart attack or stroke under stress. For someone with uncontrolled severe hypertension, even moderate exercise can cause dangerous spikes in blood pressure.

Consequently, tests must be carefully managed, often requiring medical supervision and possibly the use of medications to control blood pressure during the test.

**Uncontrolled Metabolic Disease such as Diabetes:** Metabolic diseases like diabetes affect how the body converts food into energy. When diseases like diabetes are uncontrolled, they can lead to unpredictable blood sugar levels, which can cause either hyperglycemia or hypoglycemia. During physical activity, inadequate blood sugar control can lead to serious complications including cardiovascular events, kidney damage, or diabetic ketoacidosis. Hence, exercise protocols for diabetic patients need to be tailored to monitor and manage blood sugar levels effectively.

**All of the Above:** This option emphasizes that any of the previously mentioned conditions are significant enough to be considered relative contraindications. This underscores the importance of a comprehensive evaluation of all such conditions when planning an assessment test. The presence of any combination of these conditions can complicate the patient's response to the test and increase the risk of adverse effects.

In conclusion, each of these conditions-moderate stenotic heart disease, severe arterial hypertension, and uncontrolled metabolic disease-can impact the safety and efficacy of assessment tests. Assessments must be tailored to accommodate these issues, often involving adjustments to the exercise intensity, closer monitoring during the test, or even pre-test medical interventions. This approach ensures that the test does not exacerbate the condition or pose a health threat to the individual.

#### NEW QUESTION # 48

Effective leadership qualities include:

- A. professional conduct and appearance
- B. punctuality
- C. dedication and working as a positive role model
- **D. all of the above**

**Answer: D**

Explanation:

Effective leadership qualities encompass a broad range of attributes and behaviors that enhance an individual's ability to lead a team or organization effectively. Let's delve deeper into each of these qualities mentioned in the question:

**\*\*Punctuality**

**\*\* - Being punctual is often taken as a sign of respect towards others' time and commitments. A leader who consistently arrives on time for meetings, deadlines, and appointments sets a positive example for their team, emphasizing the value of time management and reliability. This behavior not only builds trust but also establishes a standard of accountability within the team.**

**\*\*Professional Conduct and Appearance\*\* - Professionalism in conduct and appearance is crucial in setting the tone for the work**

environment. It involves adhering to ethical standards, demonstrating respect and fairness, and managing conflicts or challenges with tact and diplomacy. Moreover, a professional appearance can often contribute to the perception of competence and authority.

These elements are instrumental in gaining and sustaining the respect and confidence of peers, subordinates, and stakeholders.

**\*\*Dedication and Working as a Positive Role Model\*\*** - Dedication refers to the commitment a leader shows towards their role, responsibilities, and the goals of the organization. This quality is infectious and can motivate employees to exhibit the same level of commitment. Furthermore, working as a positive role model involves demonstrating the behaviors and attitudes that leaders wish to see in their team members. This includes showing resilience in the face of challenges, a strong work ethic, and a positive attitude. By embodying the qualities they advocate, leaders strengthen their influence and inspire their teams to strive for excellence.

**\*\*All of the Above\*\*** - While each of these qualities individually contributes to effective leadership, the combination of all these traits significantly enhances a leader's effectiveness. This comprehensive skill set enables leaders to command respect, inspire trust, and effectively guide their teams toward achieving organizational goals.

**\*\*Importance of Establishing Credibility\*\*** - While all the qualities mentioned help in building a leader's credibility, it is particularly crucial for leaders to demonstrate in-depth knowledge in their field of expertise. This not only involves being well-versed in the core subjects but also staying updated with the latest trends, developments, and issues relevant to their industry. Keeping certifications current and engaging in continuous professional development are practical ways to maintain and enhance expertise. Credibility established through expertise and continual learning encourages confidence among team members and stakeholders, fostering a culture of trust and respect. In summary, effective leadership is multi-dimensional and context-dependent. The qualities mentioned are fundamental, but the most impactful leaders are those who continuously evolve and adapt their leadership style to meet the needs of their teams and the challenges of their environments.

#### NEW QUESTION # 49

One of the problems with elastic tubing or bands is:

- A. they are not always reliable
- B. none of the above
- C. they can be difficult to work with
- D. the tension in rubber changes as it is being stretched through a full range of motion

**Answer: D**

Explanation:

One of the key issues with using elastic tubing or bands in exercise routines is the variability in tension as the rubber stretches through different lengths. When elastic bands are pulled, the tension isn't constant; it increases as the band stretches. This can make it difficult to quantify how much resistance is being applied at different points during an exercise. For instance, in exercises where the band is stretched further, the tension and thus the difficulty of the exercise increases significantly. This variable resistance can be both a benefit and a challenge, depending on the intended exercise goals and the user's ability to handle increasing resistance throughout the movement.

Another problem with elastic bands is the lack of standardization among manufacturers regarding the color-coding systems used to indicate the level of resistance. Different brands might use the same color to represent different levels of tension. This inconsistency requires users to spend extra time reviewing the resistance levels associated with each color for every brand they use. Ensuring that one is using the correct resistance band for specific exercises is crucial to prevent injury and to achieve the desired training outcomes. This variability can complicate the preparation for workouts, particularly in settings like gyms or therapy centers where multiple brands of bands might be in use.

Moreover, because of the inherent nature of the material, elastic bands and tubing can sometimes be unreliable over extended periods of use. The material can degrade due to factors like overstretching, exposure to elements, or regular wear and tear. This degradation can lead to sudden snapping or breaking during use, posing safety risks to the user. Regular inspection and maintenance or replacement of these exercise tools are essential to ensure safety and effectiveness in training sessions.

In summary, while elastic bands are a popular and effective tool for resistance training, issues such as increasing tension with stretch, lack of standardized color-coding for resistance levels, and potential material failure make it necessary for users to be cautious and well-informed to use them safely and effectively. Proper understanding and management of these issues can help in harnessing the benefits of elastic bands while minimizing risks and inconsistencies during workouts.

#### NEW QUESTION # 50

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