AFAA Primary Group Exercise Certification Study Guide

List 8 health benefits associated with regular participation in physical activity. - answer Lower risk of coronary heart disease, lower risk of high blood pressure, lower risk of Type 2 diabetes, lower risk of breast cancer, reduced depression, improved cardiorespiraratory & muscular fitness, lower risk of colon cancer, prevention of weight gain.

How can interval training improve aerobic performance? - answer Maximizes aerobic power and minimizes boredom.

List 3 physiological adaptations that occur to improve exercise performance and state how or why improvements occurs. - answer 1. Increased maximal blood flow - Performing aerobic exercise forces large volumes of blood which increases stroke volume.

2. Increased oxygen delivery and carbon dioxide removal - The cardiorespiratory system saturates blood coming from the lungs with oxygen efficiently. The high pulmonary ventilation assists with the removal of carbon dioxide during exercise.

3. Increased maximal oxygen uptake and aerobic power - Regular aerobic exercise causes an increase in the number of capillaries per muscle fiber.

Energy Metabolism

Define energy and its food source. - answer Energy is the ability to do work and the source of energy is the sun.

Define ATP - answer Adenosine Triphosphate ATP.

Compound that releases energy necessary. for muscular contraction.

1 mole ATP = 1/10 mile energy walk.

Energy Pathways - answer Anaerobic and Aerobic.

An anaerobic pathway consists of: - answer ATP-CP - phosphagen system.

Fuel source = CHEMICAL creatine phosphate.

Intensity = very high.

Duration = very short 1 to15 seconds.

Activities = sprinting, jumping, throwing, kicking, lifting heavy weights.

An anaerobic pathway also consist of - answer LACTIC ACID SYSTEM

Fuel source = GLUCOSE carbohydrate only.

Intensity = high, moderate.

Duration = short, medium 45-90 seconds.

Answers For Afaa Study Guide

Jackie Tally

Answers For Afaa Study Guide:

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Table of Contents Answers For Afaa Study Guide

1. Understanding the eBook Answers For Afaa Study Guide
    - The Rise of Digital Reading Answers For Afaa Study Guide
    - Advantages of eBooks Over Traditional Books
2. Identifying Answers For Afaa Study Guide
    - Exploring Different Genres
    - Considering Fiction vs. Non-Fiction
    - Determining Your Reading Goals
3. Choosing the Right eBook Platform
    - Popular eBook Platforms
    - Features to Look for in an Answers For Afaa Study Guide
    - User-Friendly Interface
4. Exploring eBook Recommendations from Answers For Afaa Study Guide
    - Personalized Recommendations
    - Answers For Afaa Study Guide User Reviews and Ratings
    - Answers For Afaa Study Guide and Bestseller Lists
5. Accessing Answers For Afaa Study Guide Free and Paid eBooks
    - Answers For Afaa Study Guide Public Domain eBooks
    - Answers For Afaa Study Guide eBook Subscription Services
    - Answers For Afaa Study Guide Budget-Friendly Options

6. Navigating Answers For Afaa Study Guide eBook Formats
    - ePub, PDF, MOBI, and More
    - Answers For Afaa Study Guide Compatibility with Devices
    - Answers For Afaa Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
    - Adjustable Fonts and Text Sizes of Answers For Afaa Study Guide
    - Highlighting and Note-Taking Answers For Afaa Study Guide
    - Interactive Elements Answers For Afaa Study Guide
8. Staying Engaged with Answers For Afaa Study Guide
    - Joining Online Reading Communities
    - Participating in Virtual Book Clubs
    - Following Authors and Publishers Answers For Afaa Study Guide
9. Balancing eBooks and Physical Books Answers For Afaa Study Guide
    - Benefits of a Digital Library
    - Creating a Diverse Reading Collection Answers For Afaa Study Guide
10. Overcoming Reading Challenges
    - Dealing with Digital Eye Strain
    - Minimizing Distractions
    - Managing Screen Time
11. Cultivating a Reading Routine Answers For Afaa Study Guide
    - Setting Reading Goals Answers For Afaa Study Guide
    - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Answers For Afaa Study Guide
    - Fact-Checking eBook Content of Answers For Afaa Study Guide
    - Distinguishing Credible Sources
13. Promoting Lifelong Learning
    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
14. Embracing eBook Trends
    - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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