

# **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 cardiorespiratory & 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 mole energy work.

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 to 15 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

**Lei Huang**

## Answers For Afaa Study Guide:

**Afaa Certified Personal Fitness Trainer Exam Secrets Study Guide: Afaa Test Review for the Aerobics and Fitness Association of America Certified Perso** Afaa Exam Secrets Test Prep,2018-04-12 Includes Practice Test Questions AFAA Certified Personal Fitness Trainer Exam Secrets helps you ace the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam without weeks and months of endless studying Our comprehensive AFAA Certified Personal Fitness Trainer Exam Secrets study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you ve ever imagined AFAA Certified Personal Fitness Trainer Exam Secrets includes The 5 Secret Keys to AFAA Certified Personal Fitness Trainer Exam Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don t Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don t Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice Families Comprehensive sections including Wellness Standard Fitness Assessment Physical Activity Readiness Questionnaire Body Mass Index BMI Cardiorespiratory Fitness METS Method Closed Kinetic Chain Exercises Open Kinetic Chain Exercises Isometric Resistance Training Different Types of Training and Equipment Proper Position of the Body Overtraining Detraining and Retraining Performance or Training Levels Bench Press Incline or Decline Press CVD Cardiovascular Disease Diabetes Cancer ATP Anaerobic Systems for Making ATP Main Muscles and Joint Actions and much more *Aerobics Theory and Practice Self Study Workbook* Aerobics and Fitness Association of America Staff,1987-03 *AFAA Personal Trainer Study Guide* Trivium Test Prep,2013-06-19 When it comes to the AFAA Personal Trainer certification exam you want to be prepared and you will be with our book designed to making studying fun and easy You don t want to waste time and money taking your AFAA Personal Trainer certification exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the AFAA Personal Trainer certification but realize too late when they get their score back that they were not ready at all They weren t incapable and they certainly did their best but they simply weren t studying the right way There are a variety of methods to prepare for the AFAA Personal Trainer certification and they get a variety of results Trivium Test Prep s AFAA Personal Trainer certification Study Guide provides the information secrets and confidence needed to get you the score you need the first time around Losing points on the AFAA Personal Trainer certification can cost you precious time money and effort that you shouldn t have to spend What is in the book In our AFAA Personal Trainer certification study guide you get the most comprehensive review of all tested

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**The Air Force Comptroller** ,1985 *AFAA Primary Certification Study Guide*

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*Journal of the American Dietetic Association* ,1987

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**African Books in Print** ,1993

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000 recreation areas in all 50 states complete with answers to thousands of questions for every outdoor enthusiast Contains

full color maps and charts to all states detailed directions and telephone numbers an index and much more

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