

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

Jackie Tally

Answers For Afaa Study Guide:

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The Air Force Comptroller ,1985 AFAA Primary Certification Study Guide

Aerobics and Fitness Association of America,1994 **Aquatic Fitness Professional Manual** Aquatic Exercise Association,2025-03-13 Water exercise is a proven fitness activity with health and well being benefits for all age groups abilities and fitness levels As such it is one of the most popular fitness trends among those seeking effective reduced impact options for group exercise small group training personal sessions and rehabilitation therapy As the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA and a recommended resource for the certification exam of the Aquatic Therapy Rehab Institute ATRI Aquatic Fitness Professional Manual Eighth Edition is the most comprehensive resource available to help you design and lead effective exercise sessions in the pool With contributions from 23 industry experts Aquatic Fitness Professional Manual covers the foundations of fitness and exercise the aquatic environment and instruction and programming You will learn how to energize your teaching with techniques based on popular fitness formats such as functional training yoga boot camp Ai Chi circuits and intervals and programs for various chronic conditions You'll also find updated information on shallow and deep water exercise Presenting a new full color format and updates that reflect the latest research and exercise guidelines the eighth edition also incorporates the following AEA standards and guidelines for aquatic fitness programming Expanded guidelines for working with special populations and those with health conditions including dementia and autism spectrum disorder Facts about the benefits of exercise on cognitive health and programming ideas for cognitive fitness training A new section on diversity equity inclusion and accessibility For those preparing for the AEA Aquatic Fitness Professional certification exam you'll find a detailed glossary

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Health Gym Bible (2nd Edition) Myatt Murphy,Michael Mejia,2017-04-18 The Men's Health Gym Bible is the ultimate resource for the total gym experience Men's Health fitness advisor Michael Mejia and co author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness In addition to hundreds of exercises for strength and cardio equipment like free weights stability balls and treadmills this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training sandbags and kettle bells With almost 700 photos this edition features all new images that demonstrate proper form and technique for every functional exercise The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals no matter what your fitness level is Gym novices will find helpful information such as the ins and outs of gym memberships contract negotiation tips and how to safely use a piece of equipment for the first time This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without **The Aerobic Workbook** Jackie Tally,1990 **African Books in Print** ,1993 *The U.S. Outdoor Atlas & Recreation Guide* John Oliver Jones,1992 This is the first comprehensive atlas and reference to over 5 000 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 **A Guide to Exercise and Fitness Equipment** Prevention Magazine,1987 **Subject Guide to Books in Print** ,2001 **Principles and Labs for Physical Fitness** Werner W. K. Hoeger,Sharon A. Hoeger,2003-04 *The African Book Publishing Record* ,1988 **Core Concepts in Health** ,2000 **The Technology Teacher** ,1983 *Annuaire Des*

Organisations Internationales ,1967 Edition for 1983 84 published in 3 vols vol 1 Organization descriptions and index vol 2 International organization participation vol 3 Global action networks edition for 2012 2013 published in 5 vols vol 4 International organization bibliography and resources vol 4 Statistics visualizations patterns **Encyclopedia of Associations** ,2004

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- Chapter 5: Conclusion

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