

AFAA Primary Group Exercise Certification Study Guide /160 Questions and Answer 2024.

List 8 health benefits associated with regular participation in physical activity. -- 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? -- Maximizes aerobic power and minimizes boredom.

-List 3 physiological adaptations that occur to improve exercise performance and state how or why improvements occurs. -- 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. -- Energy is the ability to do work and the source of energy is the sun.

-Define ATP -- Adenosine Triphosphate ATP.

Compound that releases energy necessary for muscular contraction.

1 mole ATP = 1/10 mile energy walk.

-Energy Pathways -- Anaerobic and Aerobic.

Afaa Study Guide Answer

Christian G. Meyer

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Aerobics Theory and Practice Self

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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

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