

# **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 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 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.

# Afaa Group Exercise Study Guide Answers

**Terrence Thomas, Beth Kirsner**



## **Afaa Group Exercise Study Guide Answers:**

*Aquatic Fitness Professional Manual* Aquatic Exercise Association, 2025-03-27 *Aquatic Fitness Professional Manual* is the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA and is the most comprehensive guide available for designing and leading exercise sessions in the pool Certification and Accreditation Programs Directory Michael A. Paré, 1996 Providing detailed profiles on certification and accreditation programmes in the US this book includes information on certification and accreditation programmes that denote skill level professionalism accomplishment and excellence Campus Recreational Sports National Intramural Recreational Sports Association (NIRSA), 2012-11-06 The e book format allows readers to bookmark highlight and take notes throughout the text When purchased through the HK site access to the e book is immediately granted when your order is received 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 Insider's Guide to Recruiting and Retaining Phenomenal Staff IDEA Health & Fitness, 2003 **Journal of the American Dietetic Association**, 2000 **Aerobics Theory and Practice Self Study Workbook** Aerobics and Fitness Association of America Staff, 1987-03 *Body Studies in Canada* Valerie Zawilski, 2021-07-20 How do we perceive ourselves and our bodies in relation to our physical geographical social cultural

political psychological and spiritual environments Body Studies in Canada uses intersectional methodological and theoretical frameworks to discuss the political and socio historical discourses that shape body studies in Canadian society This edited volume delves into a variety of timely topics including postcolonial othering of the body social discourses around healthy and un healthy bodies intersections of aging gender race class and size the fitness industries promotion of the ideal body the gendering of bodywork symbols and expressions in carceral environments and self awareness of the body in social and digital media In thirteen chapters editor Valerie Zawilski brings together scholars from a wide variety of disciplines and expertise to provide an interdisciplinary perspective on how the body interacts reflexively with society This collection is a foundational text for sociology of the body and body studies courses as well as gender studies political science and health studies

FEATURES provides a uniquely Canadian perspective on body studies and the surrounding historical and political issues with a focus on decolonization racialization masculinities engagement with critical weight scholarship and immigration

pedagogical features include section introductions boxed inserts highlighting key concepts learning objectives questions for critical thinking and a glossary

**Strategies for the C-Section Mom** Mary Beth Knight,James Rosenthal,2010-07-18

Whether your C section is planned or you have one unexpectedly you need to know about the risks the recovery and how to regain your fitness level postpartum all while caring for a newborn This book outlines exactly what a C section entails and offers you information guidance and advice on how to make your experience and recovery smooth and happy Author Mary Beth Knight one of the leading women s fitness health and nutrition experts in the United States has had two C sections of her own and understands the unique physical conditioning requirements of C section moms The acclaimed founder of StrollerFit Inc has developed a program especially designed for women undergoing a C section She gives you the blueprint you need to be stronger fitter healthier and sexier than ever while enjoying everything that motherhood has to offer Starting with the first day after the surgery and running through the end of the first eighteen months postpartum this one of a kind program shows you how to Manage postoperative pain successfully Cope with emotional issues Exercise safely and effectively after the surgery Focus on exercises and stretches that can actually speed up your recovery Maintain a balanced workout that includes upper and lower body and core exercises Understand how many calories you should eat Lose weight when the time is right Adopt a nutritionally sound diet Complete with photographs that show you exactly how to perform each stretch or exercise properly and how to include your baby when it s safe this guide will have you looking and feeling great in record time

*Fitness Fiesta!* Petra R. Rivera-Rideau,2024-08-23

As a fitness brand Zumba Fitness has cultivated a devoted fan base of fifteen million participants spread across 180 countries In *Fitness Fiesta* Petra R Rivera Rideau analyzes how Zumba uses Latin music and dance to create and sell a vision of Latinness that s tropical hypersexual and party loving Rivera Rideau focuses on the five tropes that the Zumba brand uses to create this Latinness authenticity fiesta fun dreams and love Closely examining videos ads memes and press coverage as well as interviews she conducted with instructors Rivera

Rideau traces how Zumba Fitness constructs its ideas of Latinx culture by carefully balancing a longing for apparent authenticity with a homogenization of a marketable south of the border style vacation. She shows how Zumba Fitness claims to celebrate Latinx culture and diversity while it simultaneously traffics in the same racial and ethnic stereotypes that are used to justify racist and xenophobic policies targeting Latinx communities in the United States. In so doing, Rivera Rideau demonstrates not only the complex relationship between Latinidad and neoliberal postracial America but also what that relationship means for the limits and possibilities of multicultural citizenship today.

*Guide* American Anthropological Association, 2005    The Top 100 Ferguson, 2008-11    The Aerobic Workbook Jackie Tally, 1990    The Guide to Medical Organizations and Agencies, 2000    Recreational Sports Directory, 2008    **Get Fit Now and Feel Great Forever** Terrence Thomas, Beth Kirsner, 1993    The Technology Teacher, 1975    **The Top 100**, 2009

Rapid changes in the world of work from new technologies to the effects of globalization mean that up-to-date information on today's job market is increasingly essential.

Principles and Labs for Physical Fitness Werner W. K. Hoeger, Sharon A. Hoeger, 2003-04

**Man/society/technology**, 1976

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