

# **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

**CH Cherryholmes**



## **Afaa Study Guide Answer:**

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**Journal of the American Dietetic Association** ,1987 [AFAA Personal Trainer Study Guide](#) Trivium Test

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*A Guide to Exercise and Fitness Equipment* Prevention Magazine,1987

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The Technology Teacher ,1983

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*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

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web apr 13 2023 teknik motif anyaman serong teknik motif anyaman kombinasi teknik motif anyaman membelit teknik motif anyaman pita teknik motif anyaman melingkar motif anyaman bambu berikut adalah beberapa motif anyaman bambu yang terbagi menjadi berapa jenis diantaranya sebagai berikut ini motif anyaman tegak motif

*seni anyaman pengertian sejarah jenis teknik contoh* - Dec 07 2022

web aug 21 2023 motif anyaman adalah bukti kekayaan tradisi indonesia motif anyamn muncul karena adanya seni menganyam bamboo akan menjadi barang kerajinan anyaman bamboo akan menghasilkan yang berbeda semua motif yang muncul tergantung dari bentuk anyaman bamboo yang dibuat baca juga artikel yang mungkin

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web mar 28 2021 6 25 2021 teknik anyaman berbentuk motif motif anyaman bambu juga diperoleh dari berbagai teknik tenunan teknik anyaman terdiri dari beberapa jenis yaitu anyaman yang lurus dengan teknik ini rantai berjalan tegak lurus terhadap penenun sedangkan pakan gambar keterangan motif batik indonesia terlengkap sumber

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web motif fauna nama kelarai buntut siput motif fauna nama kelarai siku keluang motif fauna nama kelarai sisik kelah motif fauna nama kelarai anak ikan ikan berkawan motif fauna nama kelarai berkaki motif fauna nama kelarai berhati motif abstrak nama kelarai sambas motif abstrak nama kelarai gelung paku

**motif manasi türk dili ve edebiyatı** - Mar 30 2022

web motif nedir motif nedir isim fransızca motif 1 isim yan yana gelerek bir bezeme işini oluşturan ve kendi başlarına birer birlik olan ögelerden her biri halı motifi danteldeki motifler 2 edebiyat kendi başlarına konuya özellik kazandıran ögelerin her biri motif bir anlatım düzeni içindeki en küçük birimdir

*nama motif anyaman kertas delinewstv* - Sep 04 2022

web jan 14 2022 nama motif anyaman kertas teknik anyaman terdiri dari beberapa jenis yaitu anyaman tegak pada teknik ini lusi tegak lurus dengan penganyam sedangkan pakan sejajar dengan orang yang menganyam cinta batik indonesia ragam motif batik dan maknanya cinta batik indonesia ragam motif batik dan maknanya nama motif

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web dec 3 2019 beberapa motif yang sering ditemui antara lain adalah motif kariau siluman hantu hutan yang sering membantu pemburu atau pemancing mendapatkan hasil buruan pancingan ada pula motif bunga jeruk sebagai penangkal roh jahat bagi ibu hamil atau kincir angin sebagai simbol putaran kehidupan

**motif kelarai anyaman by seni seni prezi** - Mar 10 2023

web motif anyaman kelarai psv tingkatan 3 abstrak abstrak kelarai beras patah kelarai titik hujan kelarai empat sebilik kelarai gelung paku kelarai sambas nama nama kelarai cik kedah berakar kelarai mak mek kelarai cik kedah bersila flora flora kelarai pucuk jala kelarai bunga pecah lapan kelarai bunga cengkih kelarai tampuk manggis

**anyaman pengertian motif dan contoh hasil kerajinan Kompas.com** - Aug 15 2023

web mar 14 2023 diketahui ada tiga macam motif anyaman yakni motif lurus pada motif anyaman lurus ada dua pola yakni anyaman sasak dan anyaman kepar yaitu anyaman sasak adalah teknik susup menyusup antara pakan dan lungsi dengan langkah satu satu atau diangkat satu ditinggal satu timpang tindih sebagai berikut

**klaskita siapa si yg ga tau anyaman rotan anyaman ini facebook** - Dec 27 2021

web adapun jenis jenis motif anyaman yang unik diantaranya yaitu kelabang geometris ceplok antik segitiga dan liris motif corak anyaman rotan sangat beragam dirancang oleh para perajin rotan secara turun temurun berdasarkan tradisi nenek moyang bila ada anyaman rotan kreasi baru itu hanya pengembangan dari motif anyaman yang sudah ada

motif anyaman sederhana macam macam motif anyaman blogger - Feb 09 2023

web jan 26 2016 keindahan kerajinan anyaman ditentukan oleh motif motif hias yang dihasilkan dari variasi anyaman jenis bahan untuk membuat kerajinan tangan anyaman dikelompokkan menjadi 2 yaitu a bahan alam daun kelapa mendong daun lontar bambu pandan rotan b bahan buatan benang kertas lembaran plastik corak corak

*gambar motif anyaman png dan vektor dengan background* - Jan 28 2022

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