

# **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

**Michael Hoelscher**

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*Journal of the American Dietetic Association ,1987*      **AFAA Personal Trainer Study Guide** Trivium Test Prep,2013-06-19

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**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

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Subject Guide to Books in Print ,2001

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*Body & Soul* ,2006

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