

# **AFAA Primary Group Exercise Certification**

## **Study Guide with Complete Solutions 100% verified**

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.

# Group Exercise Certification Study Guide

**ML Morrison**



## **Group Exercise Certification Study Guide:**

**ACE Group Fitness Instructor Exam Prep** C. P. T. Exam Prep Team, 2018-11-22 Receive FREE additional tips and resources at [cptprep.com](http://cptprep.com) Includes exam breakdown blogs videos and other helpful info Studying made Simple Save Time Study Smarter not Harder We value your time will help you make the most of it while preparing for your exam Contact us at [info@cptprep.com](mailto:info@cptprep.com) We will provide additional insight and clarity for any questions you may have while preparing for your exam We are dedicated to your success and here to support 24/7 along your journey to becoming a certified fitness professional Your feedback is welcomed and appreciated CPT Exam Prep Team This study guide references the latest ACE Group Fitness Instructor Handbook presented in an easy to read format that helps to comprehend retain the information This study guide is organized in the following three performance domains Domain I Class Planning and Design 32% Domain II Group Leadership and Instruction 49% Domain III Professional Conduct Safety and Risk Management 19% Includes 50 practice questions to further enhance knowledge to have an idea of what the actual exam will look like Includes detailed practice question answers with explanations on how the answers were obtained Includes additional resources that help to retain the required information for the exam Includes Performance Domain breakdown by chapters in the ACE Group Fitness Instructor Handbook

**ACE Group Fitness Instructor Study Guide** Trivium Test Prep, 2013-06-18 When it comes to the ACE Group Fitness Instructor exam you want to be prepared and you will be with our book designed to making studying fun and easy You don't want to waste time and money taking your ACE Group Fitness Instructor exam twice or more You want to accelerate your education not miss opportunities for starting your future career Every year thousands of people think that they are ready for the ACE Group Fitness Instructor exam but realize too late when they get their score back that they were not ready at all They weren't incapable and they certainly did their best but they simply weren't studying the right way There are a variety of methods to prepare for the ACE Group Fitness Instructor test and they get a variety of results Trivium Test Prep's ACE Group Fitness Instructor Study Guide provides the information secrets and confidence needed to get you the score you need the first time around Losing points on the ACE Group Fitness Instructor test can cost you precious time money and effort that you shouldn't have to spend What is in the book In our ACE Group Fitness Instructor study guide you get the most comprehensive review of all tested concepts The subjects are easy to understand and have fully explained example questions to ensure that you master the material Best of all we show you how this information will be applied on the real exam ACE Group Fitness Instructor practice questions are included so that you can know without a doubt that you are prepared Our study guide is streamlined and concept driven not filled with excess junk silly attempts at humor or confusing filler so you get better results through more effective study time Why spend days or even weeks reading through meaningless junk trying to sort out the helpful information from the fluff We give you everything you need to know in a concise comprehensive and effective package Why trust Trivium Test Prep Our ACE Group Fitness Instructor study materials are

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*ACSM Health and Fitness Track Certification Study Guide, 1998* American College of Sports Medicine, American College of Sports Medicine (ACSM) Staff, Frederick S Daniels, 1998-03

**Methods of Group Exercise Instruction** Mary M. Yoke, Carol K. Armbruster, 2019-06-03 In the constantly evolving world of fitness and exercise it is challenging to become and remain an effective group exercise instructor *Methods of Group Exercise Instruction* Fourth Edition With Online Video offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services The authors who have dozens of years of experience thoroughly

explain group exercise training principles correction and progression techniques and safety tips They also have taught this course within a university setting This research based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic safe and effective classes for clients of differing ages abilities and interests Methods of Group Exercise Instruction Fourth Edition goes beyond theory to help fitness instructors and managers understand the why behind class and program design the proper way to cue participants and the variety of modalities they can use in their teaching Revised and reorganized based on current industry best practices this edition includes the following Over 100 minutes of online video demonstrating warm ups routines drills and 15 new class formats A new chapter dedicated specifically to instructing older adults New coverage of high intensity interval training HIIT Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content Pro Tips offer insights and expertise from industry veterans boxes and sidebars highlight important topics research findings and technique and safety checks practice drills offer opportunities to apply the information and evaluation forms are provided to self assess teaching success Methods of Group Exercise Instruction Fourth Edition will prepare any group fitness instructor for a successful career Students will gain a strong foundation to earn their group fitness certification and veteran instructors will be able to refine their skills to increase their marketability and success

*ArchiMate® 2 Certification Study Guide* Andrew Josey,Bill Estrem,2016-01-01 This title is a Study Guide preparing for the ArchiMate 2 Part 1 and 2 Examinations It gives an overview of every learning objective for the ArchiMate certification syllabus and in depth coverage on preparing and taking the ArchiMate 2 Examinations It is specifically designed to help individuals prepare for certification This Study Guide is excellent material for Individuals who require a basic understanding of the ArchiMate modeling language Professionals who are working in roles associated with an architecture project and who need to understand architecture artefacts developed using the ArchiMate modelling language Individuals who want to achieve a recognized qualification to demonstrate their knowledge of the ArchiMate modelling language A prior knowledge of Enterprise Architecture and architecture modelling is advantageous but not required While reading this Study Guide the reader should refer to the ArchiMate Version 2 1 Specification manual available as hard copy and eBook from [www.vanharen.net](http://www.vanharen.net) and online booksellers and also available online at [www.opengroup.org](http://www.opengroup.org)

**CompTIA Security+ Certification Study Guide** Ido Dubrawsky,2009-08-17 CompTIA Security Certification Study Guide Exam SYO 201 Third Edition offers a practical guide for those interested in pursuing CompTIA Security certification The book is organized into six parts Part 1 deals with general security issues including security threats hardware and peripheral security risks the fundamentals of operating system OS hardening implementing system security applications and concepts of virtualization Part 2 discusses the fundamentals of network security Part 3 focuses on network access and network authentication Part 4 explains the importance of risk assessments and risk mitigation and how to conduct them Part 5 reviews general cryptographic concepts and addresses the complex issues involved in

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Roderick W. Smith, 2011-05-09 The first book to cover the LPIC 2 certification Linux allows developers to update source code freely making it an excellent low cost secure alternative to alternate more expensive operating systems It is for this reason that the demand for IT professionals to have an LPI certification is so strong This study guide provides unparalleled coverage of the LPIC 2 objectives for exams 201 and 202 Clear and concise coverage examines all Linux administration topics while practical real world examples enhance your learning process On the CD you'll find the Sybex Test Engine electronic flashcards and a glossary containing the most important terms you need to understand Prepares you for exams 201 and 202 of the Linux Professional Institute Certification Offers clear concise coverage on exam topics such as the Linux kernel system startup networking configuration system maintenance domain name server file sharing and more Addresses additional key topics for the exams including network client management e mail services system security and troubleshooting This must have study guide serves as an invaluable roadmap to attaining LPI certification

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