

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

Glen E. Clarke



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 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 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

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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 and online booksellers and also available online at 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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