

# **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

**Sebastian Brünink**



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

## Reviewing **Group Exercise Certification Study Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Group Exercise Certification Study Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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