

AFAA Primary Group Exercise Certification

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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 Fitness Study Guide

C. P. T. Exam Prep Team



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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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ACE Group Fitness Instructor American Council on Exercise, Richard J. Seibert, 2007 A study guide designed to accompany the ACE Group Fitness Instructor Manual 2nd ed by providing objectives and vocabulary to help the reader focus on the corresponding chapter in the manual exercises your ability to apply what you have learned to real life situations The application of this knowledge will support the reader's teaching group exercise and preparing for the examination p iv This workbook emphasizes learning and retention *Mosby's Radiation Therapy Study Guide and Exam Review* Leia Levy, 2010-11-22 Reinforce your understanding of radiation therapy and prepare for the Registry exam Mosby's Radiation Therapy Study Guide and Exam Review is both a study companion for Principles and Practice of Radiation Therapy by Charles Washington and Dennis Leaver and a superior review for the certification exam offered by the American Registry for Radiologic Technology ARRT An easy to read format simplifies study by presenting information in concise bullets and tables Over 1 000 review questions are included Written by radiation therapy expert Leia Levy with contributions by other radiation therapy educators and clinicians this study tool provides everything you need to prepare for the ARRT Radiation Therapy Certification Exam This title includes additional digital media when purchased in print format For this digital book edition media content is not included Over 1000 multiple choice questions in Registry format are provided in the text allowing you to both study and simulate the actual exam experience Focus questions and key information in tables make it easy to find and remember information for the exam Review exercises reinforce learning with a variety of question formats to fit different learning styles Questions are organized by ARRT content categories and are available in study mode with immediate feedback after each question or in exam mode which simulates the test taking experience in a timed environment with ARRT exam style questions Ace Group Fitness Instructor Manual: A Guide for Fitness Professionals Ace, 2011 Written and reviewed by top experts in a variety of fields from exercise physiology and health psychology to business and law this text is unlike any other resource for group fitness instructors When coupled with ACE's essentials of exercise science for fitness professionals the ACE group fitness instructor manual provides foundational knowledge required to pass the ACE certification exam and teach in almost any group setting Group fitness instruction has expanded well beyond the traditional aerobics classes of years past but whether you teach step training Pilates yoga or any of the other constantly emerging and evolving class types this third edition of the ACE group fitness instructor manual is not only an excellent study tool as you

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