

# IFA Senior Fitness Certification Test Answer Form

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Place an "X" in the appropriate box for True/False questions. For questions 80 to 100 match the question to the appropriate number.

Cardiovascular Endurance			Physiology Knowledge			Physio. Effects of Aging			Senior Fitness Training			Senior Fitness Training			Client Scenarios	
	T	F		T	F		T	F		T	F		T	F		
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2			12			22			42			62			82	
3			13			23			43			63			83	
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6			16			26			46			66			86	
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# Ifa Fitness Question And Answer

**VM Jensen**



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