

AFLCA FITNESS THEORY STUDY QUESTIONS

These questions are a sample of the types of questions you will encounter on the Fitness Theory exam. The answers can be found with the study guide solutions.

1. The primary force used for extension of the elbow joint is provided by the:
 - a) biceps
 - b) trapezius
 - c) pectoralis major
 - d) triceps

2. Circumduction involves:
 - a) flexion, adduction, rotation, abduction, extension
 - b) flexion, extension
 - c) abduction, retraction, flexion, adduction, extension
 - d) horizontal flexion and extension, rotation
 - e) rotation

3. The best indicator for measuring the intensity of a workout is:
 - a) vigorous breathing
 - b) heart rate
 - c) sore muscles
 - d) total time involved

4. Stretching a muscle quickly and/or forcefully results in:
 - a) atrophy of the muscle
 - b) herniation of the muscle
 - c) reflex relaxation of the muscle
 - d) reflex contraction of the muscle

5. Pronation and supination occur at the:
 - a) spine
 - b) ankle
 - c) shoulder
 - d) neck

6. Intensity is:
 - a) the length of time spent on each activity
 - b) the number of times a specific activity is performed
 - c) the percentage of maximum capacity one is working at
 - d) how tired you feel after an activity

7. Muscle action where the muscles surrounding a joint are stretched by the force generated as a body part is repeatedly moved is this stretching technique.
 - a) static stretching
 - b) dynamic stretching

Aflca Fitness Theory Study Guide

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AFLCA Fitness Theory Exam Alberta Fitness Leadership Certification Association, 2006 Study guide to prepare for the examination for the AFLCA Fitness Theory course Each chapter has a set of questions and an opportunity to evaluate the results There is a solutions guide to the questions in the appendix **Afaa Certified Personal Fitness Trainer Exam Secrets Study Guide: Afaa Test Review for the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam** Secrets Test Prep, 2018-04-12 Includes Practice Test Questions AFAA Certified Personal Fitness Trainer Exam Secrets helps you ace the Aerobics and Fitness Association of America Certified Personal Fitness Trainer Exam without weeks and months of endless studying Our comprehensive AFAA Certified Personal Fitness Trainer Exam Secrets study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined AFAA Certified Personal Fitness Trainer Exam Secrets includes The 5 Secret Keys to AFAA Certified Personal Fitness Trainer Exam Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don't Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don't Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice Families Comprehensive sections including Wellness Standard Fitness Assessment Physical Activity Readiness Questionnaire Body Mass Index BMI Cardiorespiratory Fitness METS Method Closed Kinetic Chain Exercises Open Kinetic Chain Exercises Isometric Resistance Training Different Types of Training and Equipment Proper Position of the Body Overtraining Detraining and Retraining Performance or Training Levels Bench Press Incline or Decline Press CVD Cardiovascular Disease Diabetes Cancer ATP Anaerobic Systems for Making ATP Main Muscles and Joint Actions and much more 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

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[Study Guide for Foundations of Professional Personal Training](#) Mike Bates, 2008-01. Study guide in preparation for Can Fit Pro's Personal Training Specialist PTS certification program and test. Each chapter in this workbook corresponds to a chapter in Can Fit Pro's Foundations of professional personal training manual. *Personal Fitness Trainer Certification Study Guide* Aerobics and Fitness Association of America, 1996. **Student Study Guide to Accompany Exercise Physiology Theory and Application to Fitness and Performance** Jeff Coombes, 1996. [ACE Group Fitness Instructor Exam Secrets Study Guide: ACE Test Review for the American Council on Exercise Group Fitness Instructor Exam](#) Ace Exam Secrets Test Prep, 2018-04-12. Includes Practice Test Questions. Secrets of the ACE Group Fitness Instructor Exam helps you ace the American Council on Exercise Group Fitness Instructor Exam without weeks and months of endless studying. Our comprehensive Secrets of the ACE Group Fitness Instructor Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined. Secrets of the ACE Group Fitness Instructor Exam includes The 5 Secret Keys to ACE Group Fitness Instructor Exam Success. Time is Your Greatest Enemy. Guessing is Not Guesswork. Practice Smarter, Not Harder. Prepare Don't Procrastinate. Test Yourself: A comprehensive General Strategy review including Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New

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Team, 2018-05-16 ACE Personal Trainer Study Guide 2018 2019 and ACE Personal Trainer Exam Prep Book for the American Council on Exercise Personal Training Certification Exam Sport and Exercise Physiology Testing Guidelines: Volume I - Sport Testing Richard Davison, Paul M Smith, James Hopker, Michael Price, Florentina Hettinga, Garry Tew, Lindsay Bottoms, 2022-03-22 Since its first published edition more than 30 years ago the BASES British Association of Sport and Exercise Sciences Physiological Testing Guidelines have represented the leading knowledge base of current testing methodology for sport and exercise scientists Sport and exercise physiologists conduct physiological assessments that have proven validity and reliability both in laboratory and sport specific contexts A wide variety of test protocols have been developed adapted and refined to support athletes of all abilities reach their full potential This book is a comprehensive guide to these protocols and to the key issues relating to physiological testing With contributions from leading specialist sport physiologists and covering a wide range of mainstream sports in terms of ethical practical and methodological issues this volume represents an essential resource for sport specific exercise testing in both research and applied settings This new edition draws on the authors experience of supporting athletes from many sports through several Olympic cycles to achieve world leading performances While drawing on previous editions it is presented in a revised format matching the sport groupings used in elite sport support within the UK sport institutes Building on the underpinning general procedures these specific chapters are supported by appropriate up to date case studies in the supporting web resources **AFLCA Fitness Theory Manual** Alberta Fitness Leadership Certification Association, Alberta Sport, Recreation, Parks and Wildlife Foundation, Alberta. Alberta Community Development, 2000 *Conquer the ISSA-CFT Exam* Philip Martin McCaulay, 2024-08-03 Conquer the ISSA CFT Exam Your Guide to a Career as an International Sports Sciences Association Certified Fitness Trainer is an essential resource for aspiring fitness trainers preparing for the ISSA CFT certification This comprehensive guide covers all key areas of the exam including exercise science program design client assessment behavior modification nutrition and professional responsibility Each chapter provides in depth knowledge and practical applications ensuring that readers are well prepared for both the exam and real world training scenarios The guide emphasizes the importance of a thorough understanding of exercise science including anatomy physiology kinesiology and biomechanics It also covers the principles of exercise prescription and program design with a focus on creating safe effective and personalized fitness plans Client assessment techniques such as initial consultations fitness testing and risk stratification are detailed to help trainers accurately evaluate and address their clients needs In addition the book explores behavior change theories and motivational interviewing techniques to help trainers effectively support and inspire their clients Nutritional guidance and weight management strategies are also discussed providing trainers with the tools to offer holistic support The final chapters focus on professional responsibilities including the ISSA Code of Ethics legal considerations and the importance of continuing education and professional development Real world case studies and practical applications offer

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