

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

Mike Bates



Aflca Fitness Theory Study Guide:

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

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Personal Fitness Trainer Certification Study Guide Aerobics and Fitness Association of America,1996

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

Exercise Theory Manual Sheryl Hansen,Alberta Fitness Leadership Certification Association,2010*

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Fitness Theory Manual Silvia Isachsen, Bill Luke, 2002

The Essential Guide to Fitness Rosemary Marchese, Julie Taylor, Kirsten Fagan, 2019-04-30. Essential Guide to Fitness for the Fitness Instructor addresses SIS30315 Certificate III in Fitness. The text is mapped to all core units and 12 electives of the qualification and contains rich foundation content on Anatomy, Physiology, and Nutrition, as well as Fitness orientation, programming, WHS, and equipment. The structure of the text highlights learning outcomes and contains an abundance of application cases, activities, and quizzes. Strong content on fitness for specific markets and populations supports the volume of learning for the core unit. Recognise and apply exercise considerations for specific populations, including chapters on older populations, a NEW chapter on children and adolescents, community fitness, and facilitating groups. Coverage on gym programs, group exercise, water-based fitness, and endurance training introduces students to the instruction of these varied types of fitness training. Premium online teaching and learning tools are available on the MindTap platform. Learn more about the online tools: cengage.com/au/mindtap

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Association, Alberta Sport, Recreation, Parks and Wildlife Foundation, Alberta. Alberta Community Development, 2000

Exercise Standards and Guidelines Reference Manual Aerobics and Fitness Association of America, 2002-07-01

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