

AFAA Primary Group Exercise Certification Study Guide

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.

Intensity = very high.

Duration = very short 1 to 15 seconds.

Activities = sprinting, jumping, throwing, kicking, lifting heavy weights.

An anaerobic pathway also consist of - answer LACTIC ACID SYSTEM

Fuel source = GLUCOSE carbohydrate only.

Intensity = high, moderate.

Duration = short, medium 45-90 seconds.

Afaa Group Exercise Study Guide Answers

Yicheng Fang



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Aquatic Fitness Professional Manual Aquatic Exercise Association, 2025-03-27 Aquatic Fitness Professional Manual is the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA and is the most comprehensive guide available for designing and leading exercise sessions in the pool Certification and Accreditation Programs Directory Michael A. Paré, 1996 Providing detailed profiles on certification and accreditation programmes in the US this book includes information on certification and accreditation programmes that denote skill level professionalism accomplishment and excellence **Campus Recreational Sports** National Intramural Recreational Sports Association (NIRSA), 2012-11-06 Management of campus recreational sport facilities has expanded in both scope and complexity in the 21st century Today's state of the art recreation and sport facilities offer high end amenities for students faculty staff and the surrounding community Managing these diverse and complicated programs and facilities requires knowledge of operations client services and industry standards Campus Recreational Sports Managing Employees Programs Facilities and Services addresses the unique skill set and knowledge base required of today's campus recreation and sport facility manager This reference offers current and aspiring professionals a comprehensive and practical discussion of campus recreation management Chapters covering foundational topics of budgeting marketing assessment risk management and management of personnel facilities and services are complemented by current topics in technology programming and community building Developed by the NIRSA Campus Recreational Sports offers the latest industry guidelines and best practices based on the knowledge expertise and experience of leading campus recreation professionals across the nation Both current and future professionals can rely on Campus Recreational Sports for guidance in the management of indoor and outdoor recreation and sport facilities *Journal of the American Dietetic Association*, 2000 *Insider's Guide to Recruiting and Retaining Phenomenal Staff* IDEA Health & Fitness, 2003 **Aerobics Theory and Practice Self Study Workbook** Aerobics and Fitness Association of America Staff, 1987-03 *Body Studies in Canada* Valerie Zawilski, 2021-07-20 How do we perceive ourselves and our bodies in relation to our physical geographical social cultural political psychological and spiritual environments Body Studies in Canada uses intersectional methodological and theoretical frameworks to discuss the political and socio historical discourses that shape body studies in Canadian society This edited volume delves into a variety of timely topics including postcolonial othering of the body social discourses around healthy and un healthy bodies intersections of aging gender race class and size the fitness industries promotion of the ideal body the gendering of bodywork symbols and expressions in carceral environments and self awareness of the body in social and digital media In thirteen chapters editor Valerie Zawilski brings together scholars from a wide variety of disciplines and expertise to provide an interdisciplinary perspective on how the body interacts reflexively with society This collection is a foundational text for sociology of the body and body studies courses as well as gender studies political science and health studies FEATURES provides a uniquely

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Strategies for the C-Section Mom Mary Beth Knight, James Rosenthal, 2010-07-18 Whether your C section is planned or you have one unexpectedly you need to know about the risks the recovery and how to regain your fitness level postpartum all while caring for a newborn This book outlines exactly what a C section entails and offers you information guidance and advice on how to make your experience and recovery smooth and happy Author Mary Beth Knight one of the leading women s fitness health and nutrition experts in the United States has had two C sections of her own and understands the unique physical conditioning requirements of C section moms The acclaimed founder of StrollerFit Inc has developed a program especially designed for women undergoing a C section She gives you the blueprint you need to be stronger fitter healthier and sexier than ever while enjoying everything that motherhood has to offer Starting with the first day after the surgery and running through the end of the first eighteen months postpartum this one of a kind program shows you how to Manage postoperative pain successfully Cope with emotional issues Exercise safely and effectively after the surgery Focus on exercises and stretches that can actually speed up your recovery Maintain a balanced workout that includes upper and lower body and core exercises Understand how many calories you should eat Lose weight when the time is right Adopt a nutritionally sound diet Complete with photographs that show you exactly how to perform each stretch or exercise properly and how to include your baby when it s safe this guide will have you looking and feeling great in record time

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The Top 100 Ferguson, 2008-11

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