

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 Study Guide Questions

R Bogdan



Afaa Study Guide Questions:

Whispering the Techniques of Language: An Mental Journey through **Afaa Study Guide Questions**

In a digitally-driven world wherever screens reign supreme and quick interaction drowns out the subtleties of language, the profound secrets and emotional nuances hidden within words frequently get unheard. However, situated within the pages of **Afaa Study Guide Questions** a charming literary prize sporting with fresh emotions, lies a fantastic journey waiting to be undertaken. Penned by a talented wordsmith, that charming opus invites readers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within ab muscles material of each and every word. Within the psychological depths with this poignant review, we shall embark upon a heartfelt exploration of the book is primary styles, dissect its fascinating publishing model, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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