

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.

Group Exercise Certification Study Guide

**American College of Sports Medicine
(ACSM)**



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