

# 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

**David Kirk**



## **Group Exercise Certification Study Guide:**

Ignite the flame of optimism with its motivational masterpiece, Find Positivity in **Group Exercise Certification Study Guide**. In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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## **Table of Contents Group Exercise Certification Study Guide**

1. Understanding the eBook Group Exercise Certification Study Guide
  - The Rise of Digital Reading Group Exercise Certification Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Group Exercise Certification Study Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Group Exercise Certification Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Group Exercise Certification Study Guide
  - Personalized Recommendations
  - Group Exercise Certification Study Guide User Reviews and Ratings
  - Group Exercise Certification Study Guide and Bestseller Lists
5. Accessing Group Exercise Certification Study Guide Free and Paid eBooks
  - Group Exercise Certification Study Guide Public Domain eBooks
  - Group Exercise Certification Study Guide eBook Subscription Services
  - Group Exercise Certification Study Guide Budget-Friendly Options

6. Navigating Group Exercise Certification Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Group Exercise Certification Study Guide Compatibility with Devices
  - Group Exercise Certification Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Group Exercise Certification Study Guide
  - Highlighting and Note-Taking Group Exercise Certification Study Guide
  - Interactive Elements Group Exercise Certification Study Guide
8. Staying Engaged with Group Exercise Certification Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Group Exercise Certification Study Guide
9. Balancing eBooks and Physical Books Group Exercise Certification Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Group Exercise Certification Study Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Group Exercise Certification Study Guide
  - Setting Reading Goals Group Exercise Certification Study Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Group Exercise Certification Study Guide
  - Fact-Checking eBook Content of Group Exercise Certification Study Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- 
- Interactive and Gamified eBooks

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