

AFAA Primary Group Exercise Certification Study Guide /160 Questions and Answer 2024.

List 8 health benefits associated with regular participation in physical activity. - - 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? - - Maximizes aerobic power and minimizes boredom.

-List 3 physiological adaptations that occur to improve exercise performance and state how or why improvements occurs. - - 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. - - Energy is the ability to do work and the source of energy is the sun.

-Define ATP - - Adenosine Triphosphate ATP.
Compound that releases energy necessary. for muscular contraction.
1 mole ATP = 1/10 mile energy walk.

-Energy Pathways - - Anaerobic and Aerobic.

Afaa Study Guide Answers

CL Gary



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Embracing the Track of Appearance: An Mental Symphony within **Afaa Study Guide Answers**

In a world eaten by displays and the ceaseless chatter of instantaneous connection, the melodic elegance and mental symphony produced by the prepared word frequently diminish into the backdrop, eclipsed by the constant sound and disruptions that permeate our lives. However, located within the pages of **Afaa Study Guide Answers** a marvelous literary treasure overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed tunes and profound affect resonating within each cautiously crafted phrase. Within the depths of the poignant evaluation, we can discover the book is main harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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