

# **AFAA Primary Group Exercise Certification**

## **Study Guide with Complete Solutions 100% verified**

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.

# Afaa Study Guide Answer

**Jicheng Xie**



**Afaa Study Guide Answer:**

## Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Afaa Study Guide Answer**

In some sort of inundated with displays and the cacophony of instantaneous connection, the profound energy and psychological resonance of verbal art frequently fade into obscurity, eclipsed by the constant onslaught of sound and distractions. However, set within the musical pages of **Afaa Study Guide Answer**, a interesting function of fictional beauty that impulses with organic emotions, lies an unique trip waiting to be embarked upon. Written by a virtuoso wordsmith, this exciting opus courses readers on an emotional odyssey, lightly exposing the latent potential and profound influence stuck within the delicate internet of language. Within the heart-wrenching expanse of the evocative analysis, we can embark upon an introspective exploration of the book is main themes, dissect their captivating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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