

# **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

**S Marginson**



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## **Table of Contents Afaa Study Guide**

1. Understanding the eBook Afaa Study Guide
  - The Rise of Digital Reading Afaa Study Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Afaa 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 Afaa Study Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Afaa Study Guide
  - Personalized Recommendations
  - Afaa Study Guide User Reviews and Ratings
  - Afaa Study Guide and Bestseller Lists
5. Accessing Afaa Study Guide Free and Paid eBooks
  - Afaa Study Guide Public Domain eBooks
  - Afaa Study Guide eBook Subscription Services

- Afaa Study Guide Budget-Friendly Options
- 6. Navigating Afaa Study Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Afaa Study Guide Compatibility with Devices
  - Afaa Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Afaa Study Guide
  - Highlighting and Note-Taking Afaa Study Guide
  - Interactive Elements Afaa Study Guide
- 8. Staying Engaged with Afaa Study Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Afaa Study Guide
- 9. Balancing eBooks and Physical Books Afaa Study Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Afaa Study Guide
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Afaa Study Guide
  - Setting Reading Goals Afaa Study Guide
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Afaa Study Guide
  - Fact-Checking eBook Content of Afaa 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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