

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 Kickboxing Study Guide

Albert A Gayle



Afaa Kickboxing Study Guide:

Whispering the Strategies of Language: An Mental Quest through **Afaa Kickboxing Study Guide**

In a digitally-driven world wherever displays reign great and immediate connection drowns out the subtleties of language, the profound secrets and psychological subtleties concealed within words usually get unheard. Yet, set within the pages of **Afaa Kickboxing Study Guide** a charming fictional treasure pulsating with fresh thoughts, lies an exceptional journey waiting to be undertaken. Penned by a skilled wordsmith, this enchanting opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within ab muscles fabric of each and every word. Within the emotional depths of the poignant review, we will embark upon a sincere exploration of the book is core themes, dissect its interesting publishing design, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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