

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.

Primary Group Exercise Certification Study Guide

Roderick W. Smith



Primary Group Exercise Certification Study Guide:

Methods of Group Exercise Instruction-3rd Edition Carol Kennedy-Armbruster, Mary Yoke ,2014-02-12 Based on industry standards and guidelines this text highlights a variety of group exercise formats through training principles correction and progression techniques and safety to enhance the skills of group exercise leaders

Methods of Group Exercise Instruction Carol K. Armbruster, Mary M. Yoke, 2014-01-30 Formats modalities and trends in group exercise are constantly evolving Methods of Group Exercise Instruction Third Edition With Online Video explores the most common group exercise modalities enhancing readers marketability by giving them the skills to lead dynamic safe and effective classes This text highlights the commonalities of a variety of group exercise formats through training principles correction and progression techniques and safety tips to enhance the skills of both group exercise leaders and program directors Methods of Group Exercise Instruction Third Edition moves from theory to practice in a logical progression Rather than simply providing routines this book helps instructors develop the core skills needed for creating routines use proper cueing and adapt their teaching to new modalities Teaching techniques convey appropriate training for each muscle group and methods for warm up cardiorespiratory training muscular conditioning neuromotor training and flexibility In addition starter routines modification strategies and instructor assessment criteria are presented for seven class formats kickboxing step training stationary indoor cycling sport conditioning and boot camp water exercise yoga and mat based Pilates The text also touches on alternative modalities including dance based classes fusion and mind body training Thoroughly revised and reorganized based on industry standards the third edition of Methods of Group Exercise Instruction offers expanded content to help readers become better instructors Updates to the third edition include the following Online video totaling over 100 minutes demonstrates key content in the text New chapters cover social aspects of group exercise coaching based instructional models and neuromotor and functional training Callout boxes highlight important topics research findings technique and safety checks and practice drills which facilitate quick learning Short assignments at the close of each chapter encourage readers to look beyond the text to gain practical experience Evaluation forms and evaluation key points allow instructors to gauge their teaching success and adapt the key criteria of a successful class to each exercise modality The three part structure of this book is retained from the previous edition but the content is reorganized to better reflect industry standards and guidelines Part I provides a general overview of group exercise the evolution and advantages of group exercise the strategies for creating group cohesion in a class the core concepts in class design and the use of music choreography and cueing methods in designing and leading a class Part II offers guidelines for leading the four major segments of a group exercise class warm up cardiorespiratory training muscular conditioning and exibility training and includes a new chapter on neuromotor and functional training These basic concepts pertain to all modalities covered in part III which focuses on practical teaching skills Basic moves choreography and training systems are covered for each type of class Sample routines

and class formats for each modality offer a confident starting point for novice instructors and fresh material for veterans The final chapter discusses customized or hybrid classes such as lifestyle physical activity based classes equipment based cardio classes and mind and body classes When used as a course text Methods of Group Exercise Instruction Third Edition includes instructor ancillaries which offer suggestions for effective use of the book and online video lesson plan outlines a sample week by week syllabus lab activities and test questions The third edition also features a newly added image bank containing all the figures and photos from the text to use in presentations

LPIC-1: Linux Professional Institute Certification Study Guide Roderick W. Smith, 2012-12-27 Updated for the latest LPIC 1 Exams 101 and 102 The LPIC 1 certification measures your understanding of the Linux Kernel As the Linux server market continues to grow so does the demand for certified Linux administrators Prepare for the latest versions of the LPIC 1 exams 101 and 102 with the new edition of this detailed Study Guide This practical book covers key Linux administration topics and all exam objectives and includes real world examples and review questions to help you practice your skills In addition you ll gain access to a full set of online study tools including bonus practice exams electronic flashcards and more Prepares candidates to take the Linux Professional Institute exams 101 and 102 and achieve their LPIC 1 certification Covers all exam objectives and features expanded coverage on key topics in the exam Includes real world scenarios and challenging review questions Gives you online access to bonus practice exams electronic flashcards and a searchable glossary Topics include system architecture installation GNU and Unix commands Linux filesystems essential system services networking fundamentals security and more Approach the LPIC 1 certification exams with confidence with LPIC 1 Linux Professional Institute Certification Study Guide Third Edition

LPIC-1: Linux Professional Institute Certification Study Guide Christine Bresnahan, Richard Blum, 2015-04-27 Your complete guide to preparing for the LPIC 1 Linux Professional Institute Certification Exams 101 400 and 102 400 The LPIC 1 Linux Professional Institute Certification Study Guide 4th Edition is your one stop resource for complete coverage of Exams 101 400 and 102 400 This Sybex Study Guide covers 100% of all exam 101 400 and 102 400 objectives You ll prepare for the exams smarter and faster with Sybex thanks to superior content including assessment tests that check exam readiness objective map real world scenarios hands on exercises key topic exam essentials and challenging chapter review questions Reinforce what you have learned with the exclusive Sybex online learning environment assessable across multiple devices Get prepared for the LPIC 1 Exams 101 400 and 102 400 with Sybex Coverage of 100% of all exam objectives in this Study Guide means you ll be ready for Managing Software Configuring Hardware Managing Files Booting Linux and Editing Files Configuring the X Window System Configuring Basic Networking Writing Scripts Configuring Email and Using Databases Covers 100% of exam objectives including system architecture GNU and UNIX commands shells scripting and data management administrative tasks system services networking and much more Includes interactive online learning environment with Custom practice exams 150 electronic flashcards Searchable key term glossary Interactive learning environment Take your exam prep to the

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Fitness Facility Management Steven A. Trotter, Chris Stevenson, 2024-09-30 Fitness Facility Management provides an in-depth look at the challenges and rewards of managing contemporary health and fitness facilities, including boutique and corporate facilities, campus recreation centers, community recreation, and franchised fitness clubs.

CompTIA Security+ Certification Study Guide, Fourth Edition (Exam SY0-601) Glen E. Clarke, 2021-09-24 This fully updated self-study guide offers 100% coverage of every objective on the CompTIA Security exam. With hundreds of practice exam questions, including difficult performance-based questions, CompTIA Security+ TM Certification Study Guide Fourth Edition covers what you need to know and shows you how to prepare for this challenging exam. 100% complete coverage of all official objectives for exam SY0-601. Exam Watch notes call attention to information about and potential pitfalls in the exam. Inside the Exam sections in every chapter highlight key exam topics covered. Two Minute Drills for quick review at the end of every chapter. Simulated exam questions, including performance-based questions, match the format, topics, and difficulty of the real exam. Covers all exam topics, including Networking Basics and Terminology, Security Terminology, Security Policies and Standards.

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NSCA's Essentials of Personal Training NSCA -National Strength & Conditioning Association, 2011-10-27 Comprehensive and research based the second edition of NSCA s Essentials of Personal Training is the resource to rely on for personal training information and guidance With state of the art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence NSCA s Essentials of Personal Training Second Edition is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association s Certified Personal Trainer NSCA CPT exam This essential reference was developed by the NSCA to present the knowledge skills and abilities required for personal trainers With contributions from leading authorities in the field the text will assist both current and

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