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GFI Exam Study Guide. The Human Movement System . Kinetic chain—interrelation of nervous, muscular, and skeletal systems to create movement . The Nervous System . Central nervous system (CNS)— brain and spinal cord; coordinates activity of body parts Peripheral nervous system (PNS) —all nerves branching off spinal cord, extending out to the body

The Human Movement System - AFAA

1) Adults should avoid inactivity. 2) Adults should perform 2 1/2 hours per week moderate intensity aerobic or 1 hour 15 minutes of vigorous intensity. 3) Adults should perform 300 minutes a week (5 hours) of moderate intensity aerobics or 150 minutes/week vigorous intensity activity for more extensive health benefits.

AFAA Study Guide - Q&A Flashcards

What is the term for Aerobic capacity. Ability of the body to remove oxygen from the air and transfer it through the lungs and blood to the working muscles; related to cardiorespiratory endurance. What is the term for Lactic acid. By-product of anaerobic metabolism of glucose; milk sugar.

AFAA Primary Group Exercise Certification Study Guide ...

http://www.afaasecrets.com Relying on the right study materials is absolutely essential for success on the AFAA test. What you see in the video is only a ti...

AFAA Exam Study Guide - Assisting Touch - YouTube

What Did You Study? For the written portion: I followed the recommended outline and filled out the study guide. Immediately after I finished the study guide I took the practice test, then I went back through the many areas that I missed. I think I got a 66% or something horrendous on the practice test, but then I knew what to study.

AFAA Group Exercise Certification- Study Tips - Hungry Hobby

There ' s all the instructions in your study guide and when you log into your AFAA account when u get signed up ... I only really read parts of the book that I needed to answer the study guide questions. I highly recommend making flash cards and also using the trick I shared to memorize the muscle man! Annie Marquette.

Tips For Passing The AFAA Group Exercise Certification ...

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Please print and review the AFAA Certification Candidate Handbook for information regarding testing procedures for the AFAA- CGFI exam. For information on taking the AFAA Primary Group Exercise and/or Personal Fitness Trainer exams, please call AFAA Member Services 800-446-2322.

Exam Information - AFAA

My study guide ended up being about 33 pages typed, but it felt good knowing I had all of the information compiled in one place. Take your time and try to really understand the concepts from the study guide. ... * answer- b These questions belong to AFAA, and are not my property.

AFAA Primary Group Exercise Certification Study Guide

The Study Tools. The study guide is useful, but there are tons of online flash cards and quizlet websites out there which have the exact contents of the study guide. I even downloaded an app called " quizlet, " on their website they have a bunch of study material you can review.

How To Pass The AFAA Group Exercise Exam — NYCTalking

AFAA Study Guide. Mometrix Academy is a completely free resource provided by Mometrix Test Preparation. If you find benefit from our efforts here, check out our premium quality AFAA study guide to take your studying to the next level. Just click the AFAA study guide link below. Your purchase also helps us make even more great, free AFAA ...

AFAA Certification (updated 2020) AFAA Test Prep Tips

Prepare with our AFAA personal trainer test questions. These questions will help you increase your AFAA certification score. Learn more.

AFAA Certification (Prep for the AFAA Personal Trainer Test)

AFAA Certification (updated 2020) AFAA Test Prep Tips Hot www.mometrix.com . The Aerobics and Fitness Association of America , or AFAA , Group Fitness Certification Exam is an assessment used to measure the test taker ' s knowledge and ability to perform adequately as a personal trainer.

Afaa Practice Test Group Fitness - 11/2020

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Afaa Group Fitness Study Guide

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