

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

**Mary M. Yoke, Carol Armbruster, Carol
Kennedy Armbruster**



Primary Group Exercise Certification Study Guide:

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 flexibility 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 **Methods of Group Exercise Instruction** Mary M. Yoke, Carol Armbruster, Carol Kennedy Armbruster, 2019-06-02 Methods of Group Exercise Instruction highlights a variety of group exercise formats and offers expert guidance in group exercise training principles correction and progression techniques cueing and safety tips **ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription** David P. Swain, ACSM, Clinton A. Brawner, 2012-12-26 ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM's Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM's Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training *LPIC-1: Linux Professional Institute Certification Study Guide* Christine Bresnahan, Richard Blum, 2015-04-28 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 next level with Sybex's superior interactive online tools To access the learning environment simply visit <http://sybextestbanks.wiley.com> type in your unique PIN and instantly gain access to Interactive online learning environment and test bank covering both LPIC 1 exams including 200 chapter review questions and two 50 question bonus exams 150 Electronic Flashcards to reinforce learning and provide last minute prep before the exam Comprehensive searchable glossary in PDF format gives you instant access to the key terms so you are fully prepared LPIC-1: Linux Professional Institute

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Dimensions of Human Behavior Elizabeth D. Hutchison, Leanne Wood Charlesworth, 2023-10-17 Dimensions of Human Behavior The Changing Life Course presents a current and comprehensive examination of human behavior across time using a multidimensional framework Authors Elizabeth D Hutchison and Leanne Wood Charlesworth explore both the predictable and unpredictable changes that can affect human behavior through all the major developmental stages of the life course from conception to very late adulthood Aligned with the 2022 curriculum guidelines set forth by the Council on Social Work Education CSWE the updated Seventh Edition offers fresh insights into concepts like gender and anti racism how intergenerational experiences influence development and recent research and conceptual frameworks This title is accompanied by a complete teaching and learning package Learning Platform Courseware Sage Vantage is an intuitive learning platform that integrates quality Sage textbook content with assignable multimedia activities and auto graded assessments to drive student engagement and ensure accountability Unparalleled in its ease of use and built for dynamic teaching and learning Vantage offers customizable LMS integration and best in class support It s a learning platform you and your students will actually love Assignable Video with Assessment Assignable video available in Sage Vantage is tied to learning objectives and curated exclusively for this text to bring concepts to life LMS Cartridge Import this title s instructor resources into your school s learning management system

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