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Afaa Study Guide Questions

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Quia - AFAA Practice Test 1

Memorize The AFAA 5 Questions. Write down the 5 AFAA questions and memorize them. They will definitely make an appearance on the written test. I put them on to flash cards to help memorize them. Flash Cards. Speaking of flash cards, Quizlet has a ton to help prepare you for the AFAA certification. I printed them out and cut them up and carried ...

Tips For Passing The AFAA Group Exercise Certification ...

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. ... Know AFAA 5 Questions WORD FOR WORD; know the high-risk exercises and how to modify them; For the practical: There are ...

AFAA Group Exercise Certification- Study Tips - Hungry Hobby

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

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Afaa Practice Test Group Fitness - 10/2020

With this perspective in mind, AFAA has created the AFAA 5 Questions™ as a resource for instructors. AFAA 5 Questions™ 1. What is the purpose of this exercise? Consider: muscular strength or endurance, cardiorespiratory conditioning, flexibility, warm-up or activity preparation, skill development, and stress reduction 2.

Primary Group Exercise Certification v4 Online Pages 1 - 50 ...

If you filled out the study guide and prepared for the demonstrations prior to the class, you should be fine. It sounds like the instructors go over the study guide, and specifically talk about what is going to be on the multiple choice test taken at the end of the workshop. ... These questions belong to AFAA, and are not my property. I felt ...

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