

Afaa Study Guide Questions

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Guide. Learn vocabulary, terms, and more with flashcards, games, and other study tools. AFAA Personal Trainer Certification Study Guide Start studying AFAA Primary Group Exercise Certification Study Guide. Learn vocabulary, terms, and more with flashcards, games, and other study tools. AFAA Primary Group Exercise Certification Study Guide AFAA 5 Questions : 1. What is the purpose of the exercise? 2. Are you doing that effectively? 3. Does this exercise create any safety concerns? 4. Can you maintain proper alignment and form the whole time? 5. For whom is the exercise appropriate or inappropriate? List 14 exercise that AFAA does NOT recommend for group exercise due to high-risk potential? AFAA GROUP EX -

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Group Exercise Certification- Study Tips To enhance flexibility during the end-of-class cool-down segment, the Aerobics and Fitness Association of America (AFAA) recommends performing _____ stretches for _____ seconds. AFAA Practice Test From billing information to recertification and general information about AFAA, check out our FAQ page to have your questions answered. Frequently Asked Questions | AFAA 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

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Assoc of American Group Exercise test. AFAA Practice Test 2 The content, quizzes, and final exam prep is all I needed to pass my Certification exam. I was expecting questions on the exam to be different than the practice exam but everything I needed was included in this course! I would highly recommend this AFAA Group Fitness Training Course!" Steve O., MN GROUP FITNESS INSTRUCTOR CERTIFICATION (AFAA-CGFI) Hot List 14 exercises that AFAA does not recommend for a group exercise class due to the high-risk potential. Review appropriate modifications for each page 33 in Study Guide.1. AFAA GROUP FITNESS STUDY GUIDE Which of the 5 questions for AFAA refer to form, alignment, or stabilization? Can you maintain proper alignment and

form for the duration of the exercise? Which of the 5 questions for AFAA refer to muscular strength or endurance, cardiorespiratory conditioning, flexibility, warm up or activity preparation, skill development, and stress reduction?

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