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A dangerous condition that can occur if an individual holds thier breath, causing the glottis to close and stomach muscles to contract, forming an unequal pressure in the chest cavity, reduced blood flow to the heart, and insufficient oxygen supply to the brain.

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does NOT recommend  
for group exercise due  
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Aerobics and Fitness  
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Certification Exam is  
an assessment used to  
measure the test  
taker's knowledge and  
ability to perform  
adequately as a

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personal trainer. The test is made up of two parts: a multiple choice section, as well as a practical section.

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The Human Movement

System . Kinetic

chain—interrelation of

nervous, muscular, and

skeletal systems to

create movement . The

Nervous System .

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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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countries, providing  
trainers with Group  
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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

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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.

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Study Guide

## **AFAA GX Study Guide Terms Flashcards by ProProfs**

At first, I was expecting a whole bunch of different interactive modules, online help, flashcards, and other useful study materials. Unfortunately, AFAA only really provides two sources of study materials. They give the study guide as well

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as 14 video lectures  
that can be accessed  
online.

## **AFAA vs ACE - Which Training Certification comes out on ...**

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study guide will teach  
you what you need to  
know, but our Study  
Skills bonus will show  
you HOW to use the  
information to be

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successful on the AFAA Certified Personal Fitness Trainer Exam. The ability to learn faster will accelerate the progress you make as you study for the test.

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My study guide ended up being about 33 pages typed, but it felt good knowing I had all

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of the information compiled in one place. Take your time and try to really understand the concepts from the study guide. I used the app Flashcard Machine to transfer all of the main tidbits from my study guide onto easy-to-study cards that I could look at ...

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## **AFAA Certification: What to Expect - FITNESS HQ**

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guide (2014-15 self)  
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assessment 4 & 5;  
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wellness; untitled  
flashcards; section 3:  
anatomy and ...

## **Section 2: Exercise Physiology - Personal Training with ...**

Hey everybody, Coach  
Tyler Read speaking  
and welcome to your  
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the ACSM personal  
training certification. In  
my study hub, you will

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