



AFAA Certified Personal Fitness Trainer Exam Flashcard Study System: AFAA Test Practice Questions & Review for the Aerobics and Fitness Association of ... Personal Fitness Trainer Exam (Cards)

AFAA Exam Secrets Test Prep Team

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*****Ace the AFAA Exam and Get the Results You Deserve***** The AFAA exam is a challenging test and your results can make a huge difference when it comes to your future. If you do well on the exam, it can open doors and lead to wonderful opportunities. If you do poorly on the exam, you will find yourself with a lot fewer options. You may have to put your plans for the future on hold, or even give up on them altogether. Preparing for your exam with our *AFAA Certified Personal Fitness Trainer Exam Flashcard Study System* can help you avoid this fate and give you a big advantage when you sit down to take the test. Thousands of satisfied customers have relied on Mometrix Flashcards to help them pass their exam, and now you can too. When you study with these flashcards, you'll get an in-depth review of each section on the AFAA exam. **The Anatomy and Kinesiology section covers:**

- Lung issues
- Aerobic fitness measurements
- Elbow joints
- The spine
- Types of muscle

The Fitness Assessment Testing Procedures section covers:

- Standard fitness assessment
- Strength and endurance tests
- Flexibility and posture tests
- Assessing cardiorespiratory fitness

The Nutritional Fundamentals and Weight Management section covers:

- Carbohydrates
- Fat and Lowering fat intake
- Cholesterol and lipoproteins
- Claims of supplement manufacturers

The Special Populations and Medical Considerations section covers:

- CHD and CVD
- Blood pressure factors
- Injuries
- Treating injuries
- Pregnancy and training

The Listening, Leadership, and Motivational Skills section covers:

- Transtheoretical Model
- Motivations to exercise
- Active Listening
- Business plans
- Social cognitive theory

The Exercise Programming in the Weight Room section covers:

- Determining exercise intensity
- Duration and frequency
- Progression
- Improving efficiency guidelines
- Types of training

The Wellness Programming and Screening Guidelines section covers:

- Wellness
- Risk factors
- Cardiorespiratory fitness
- Evaluating potential clients

...and much more! We believe in delivering lots of value for your money, so the ***AFAA Certified Personal Fitness Trainer Exam Flashcard Study System*** is packed with the critical information you'll need to master in order to ace the AFAA exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. ***AFAA Certified Personal Fitness Trainer Exam Flashcard Study System*** uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the test. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. With our flashcards, you'll be able to study anywhere, whenever you have a few free minutes of time. Our company has helped thousands of people achieve their education goals. ***AFAA Certified Personal Fitness Trainer Exam Flashcard Study System*** can help you get the results you deserve.

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