



# **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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- Aerobic fitness measurements
- Elbow joints
- The spine
- Types of muscle

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- 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

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