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Group Fitness Certification Exam is an assessment used to measure the test taker's knowledge and ability to perform adequately as a personal trainer. The test is made up of two parts: a multiple choice section, as well as a practical section.

AFAA Certification (updated 2020) AFAA Test Prep Tips

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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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 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.

AFAA Group Exercise Certification- Study Tips - Hungry Hobby

Prepare with our AFAA personal trainer test questions. These questions will help

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you increase your AFAA certification score. Learn more.

AFAA Certification (Prep for the AFAA Personal Trainer Test)

AFAA test Cards; Chapter 14 Study Guide Terms; APES chapter 8 study guide and vocab terms; Midterm Study Guide; Unit 3 study guide- rel; History Chapter 28 Study Guide; world war two study guide; Pharmacy Tech Study Guide; Q1 L.A. Exam Study Guide

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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 as 14 video lectures that can be accessed online.

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

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Our AFAA Certified Personal Fitness Trainer Exam Secrets 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 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.

AFAA Study Guide & Practice Test [Prepare for the AFAA ...

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

AFAA Primary Group Exercise Certification Study Guide

Instructors register online for the \$299

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AFAA Certification: What to Expect - FITNESS HQ

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