

AEA Study Guide Questions and Answers (Verified Answers)

1. _____ is defined as the maximum force that can be exerted by a muscle or a muscle group against a resistance

ANS Musclar Strength

2. What type of stretching activates the muscle spindles, specialized receptors in the muscle that monitor muscle length change and the speed of muscle length change?

ANS Ballistic Stretching

3. Name the six skill-related components of fitness

ANS Balance, coordination speed, power, agility, and reaction time

4. What is the difference between maximal heart rate and heart rate reserve

ANS - Maximal HR is the highest HR a person can achieve. It is measured with a max HR test or estimated with 220 minus your age. Heart rate reserve is your miximal HR minus (-) your resting HR

5. How does compression lower your heart rate in the water?

ANS The water compresses all body systems, including the vascular system, causing a smaller venous load on the heart, reducing heart rate

6. What is the ACSM's (2018) recommended frequency for resistance training?

ANS two to three days per week for each major muscle group

7. Define body composition

ANS The body's relative percentage of fat as compared to lean tissue (bone, muscles, and organs).

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8. List five benefits of regular exercise

- ANS** - Improves physical appearance
- Increases functional capacity
 - Heart becomes stronger
 - Strengthens the walls of the blood vessels
 - Improves strength and endurance
 - Improves the efficiency of the nervous, lymph, and endocrine system
 - Improves psychological function

9. When calculating exercise intensity, a popular method is the Karvonen

Formula, which is known as the _____

ANS Heart Rate Reserve Method

10. _____ is a subjective method of assessing effort, strain, discomfort, and fatigue experienced during exercise

ANS Rating of Perceived Exertion

11. The skeletal system provides our bodies with support, protection, and _____

ANS Structure

12. during the cardiac cycle, _____ is the active contraction of the heart muscle and _____ is the relaxation of the heart muscle.

ANS -Systole

-Diastole

13. Which characteristic of muscle allows it to shorten and thicken?

ANS Con- tractability

14. The _____ muscle group flexes the leg at the knee

ANS Hamstring

15. What is a motor neuron? **ANS** Efferent neurons (nerve cells) that relay outgoing information from the central nervous system to the