

Aerobics and Fitness Association of America AFAA Practice Test Questions and Answers

1. What does AFAA stand for?

- A) American Fitness and Athletics Association
- B) Aerobics and Fitness Association of America
- C) Advanced Fitness Assessment Academy
- D) American Foundation for Athletic Achievement

2. What is the recommended duration for the warm-up phase of an aerobics class?

- A) 2-3 minutes
- B) 5-10 minutes
- C) 15-20 minutes
- D) 25-30 minutes

3. Which component is essential in the cool-down phase?

- A) High-intensity exercises
- B) Gradual decrease in activity and stretching
- C) Rapid heart rate elevation
- D) Plyometric movements

4. What is the target heart rate zone for moderate-intensity exercise?

- A) 50-60% of maximum heart rate
- B) 64-76% of maximum heart rate
- C) 85-95% of maximum heart rate
- D) 40-50% of maximum heart rate

Answers: 1-B 2-B 3-B 4-B

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