

Fitness ACE-GFI

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Question: 1

The fitness class you are leading is made up of a wide range of fitness levels. You provide instruction on how to modify the exercises based on fitness level. During the class, you move around the room and provide individual instruction and feedback. What teaching style best illustrates this?

- A. Command style of teaching
- B. Reciprocal style of teaching
- C. Inclusion style of teaching
- D. Practice style of teaching

Answer: D

Explanation:

The practice style of teaching best encompasses a wide range of ability. The instructor can provide basic instruction as well as ways to modify exercises based on ability. The main difference here is that the instructor can observe individuals and provide additional instruction or feedback to maximize skills. The command style of teaching involves the instructor providing direction and expecting immediate response from participants. The ability for individualization is absent. The reciprocal style of teaching uses a partner to help provide feedback to individuals within the class. It is a good style for obtaining fitness assessments. The inclusion style of teaching involves gearing the class to allow for a variety of abilities to help each individual find a level they are comfortable with. The instructor provides alternative exercises when needed to help with this.

Question: 2

Which of the following would be the most appropriate verbal cue for an exercise class?

- A. "4, 3, 2, 1 leg push out 4 times"
- B. "4, 3, 2, 1 now stay in place knees lift up"
- C. "1, 2, 3, 4 arms reach up"
- D. "1, 2, 3, 4 alternate the arms"

Answer: B

Explanation:

Cueing is an important part of group fitness instruction. It provides a way for participants to follow along and know what is coming next. It is best for the instructor to face the class as often as possible while mirroring techniques such as moving to the left while instructing the class to move to the right. Most appropriate

cues will involve body part, action, direction and elaboration. For example, the instructor might tell the group, "Arms reach up double time." It is better to count backwards from 4 rather than to count up from 1. Words that have ambiguous meanings such as "out" should be avoided and replaced with word that have more direct meaning such as up or front. Consistency is key so that the participants get used to your verbal cues. As the instructor, the music level should not be too high to avoid having to shout and sips of water should be taken periodically by the instructor to prevent voice damage.

Question: 3

What level of intensity of a fitness program is more likely to promote compliance?

- A. Low intensity
- B. Moderate intensity
- C. High intensity
- D. It doesn't matter

Answer: B

Explanation:

Various research studies such as the one done by Perri and colleagues in 2002 have shown that moderate level intensity fitness programs improve compliance to fitness programs. This particular study found that participants of moderate level fitness programs who reached 45-5 of target heart rate reserve were more apt to participate in more sessions and follow prescribed recommendations. The incidence of injury was lower which may also have an impact on compliance. Other factors associated with the program itself that influence compliance are convenient scheduling of classes, class length limited to 60 minutes, and a class that offered a variety to prevent boredom. Compliance is also influenced by how friendly the other participants are as well as the instructor. Environmental issues also play a role such as cleanliness of facility or appropriate temperature level. The level of support is also important as well as how feedback is provided to participants.

Question: 4

Which of the following would you be least likely to advice as help to a participant to maintain motivation while missing 2 weeks of exercise classes due to a vacation?

- A. Recommend the participant look for alternative programs at the vacation destination and find out if temporary memberships are available
- B. Encourage the participant to try to be physically active by walking, biking, or any activity that is normally enjoyed
- C. Encourage exercise with family members or friends while on vacation such as morning walk along beach

D. Recommend shorter, more frequent sessions throughout the day incorporating activities normally enjoyed such as completing three 10 minute walks around the block instead of 30 minutes all at once

Answer: A

Explanation:

It is inevitable that participants will miss a class or a few classes due to illness, vacation, work or personal schedules. It is important for the instructor to try to encourage continued compliance and adherence to the fitness routine when outside of the class setting. Initiating at least one day of alternative exercise such as walking or biking will help to set the stage for motivation during periods when it is not possible for the participant to attend class. Ideas for participants while on vacation or while not able to attend classes for an extended time include trying to arrange any type of physical fitness activities with a friend or family member such as walking around the block or along the beach. Adding in time during the day for activities that are normally enjoyed such as biking or swimming is also a good way to get exercise. It is also acceptable to break a 30 minute session into three 10 minute sessions.

Question: 5

Which of the following is NOT considered a component of physical fitness?

- A. Muscular strength and endurance
- B. Cardiovascular endurance
- C. Body weight
- D. Flexibility

Answer: C

Explanation:

Physical fitness is comprised of 5 parts which are muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition. Body weight is just a small piece of body composition. Body composition includes the amount of lean body mass such as bones, muscles, skin, organs, and certain types of tissue. It also includes adipose tissue or body fat. Adipose tissue is used as a source of energy and is necessary for proper organ function and reproductive issues. A normal range for body fat is 10-13% for women and 2-5% for men. Simply weighing oneself on a scale does not determine body composition. As people age, the amount of body fat naturally increases and the amount of lean body mass will decrease but the actual body weight may not change much.

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