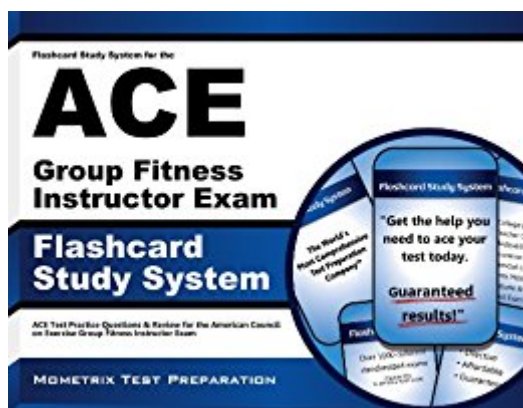


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# Flashcard Study System For The ACE Group Fitness Instructor Exam: ACE Test Practice Questions & Review For The American Council On Exercise Group Fitness Instructor Exam



## Synopsis

Flashcard Study System for the ACE Group Fitness Instructor Exam uses repetitive methods of study to teach you how to break apart and quickly solve difficult test questions on the American Council on Exercise Group Fitness Instructor Exam. Study after study has shown that spaced repetition is the most effective form of learning, and nothing beats flashcards when it comes to making repetitive learning fun and fast. Our flashcards enable you to study small, digestible bits of information that are easy to learn and give you exposure to the different question types and concepts. Flashcard Study System for the ACE Group Fitness Instructor Exam covers:

Cardio-respiratory Conditioning, Exercise Programming, Muscular Strength and Endurance, Progression and Intensity, Medical Conditions, Pregnant and Postpartum Women, Modifications for Senior Citizens, Proper Posture, Body Mass Index Test, Bioelectrical Impedance, Target Heart Rate, Dyspnea Scale, The Talk Test Method, Basic Standing Stretches, Techniques for Monitoring Heart Rate, Basic Exercise Class Format, Participants with Disabilities, Instructional Techniques, Systematic Class Design, Goals, Plantar Fasciitis, Rotator Cuff Strain, Anterior Shoulder Instability, Lateral Epicondylitis, Music in an Exercise Class, Teaching Techniques, Emergency Plan, Choreographic Methods, Alignment Cues, Factors that Affect Exercise Adherence, Developing Group Camaraderie, Participants with Arthritis, Body Image, Professional Responsibility, Negligence in the Fitness Setting, Assumption-of-Risk Documents, Fitness Professional's Liability, Neurological, Proprioceptive, and Kinesthetic, Awareness, Muscular Contractions, Flexibility Exercises, Cardiac Output, Ventilation and Respiration, Aerobic Capacity, Muscular Atrophy, Cardiorespiratory Training, Coronary Heart Disease (CHD), Altitude and Exercise, Biomechanical Principles of Movement, Weight Loss, Anatomical Planes, and much more...

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## Customer Reviews

The cards helped me to study for the ACE group fitness and helped me narrow down what to study since the manual and book was a bit overwhelming. Thanks so much for your product. I will recommend it.

If you have ever found that studying for a test is way harder than taking a test, you might need a study aid to help you with this particular test. Part of being successful on any test is studying the right material in advance. These flash cards have just what you need because they not only have the right material for you to study, but also ALL of the content you need to study. And the flash card format is really handy because you can take them anywhere. And you can weed out the cards that you already know well. And spend more time with the ones that trip you up over and over again. You won't have any hiccups on this test if you know the cards well!

These flashcards are a perfect complement to the Ace Group Fitness Instructor Exam study guide. After you study the guide thoroughly you can move right into the flashcards. Wording on the flashcards matches with the wording in the study guide, so there is no confusion when going back and forth from the study guide to the flashcards. They are an excellent resource for recall and general practice to really push home the information. This flashcard system groups study points in content areas such as exercise science, professional responsibility, group instructional methods, and exercise programming and design. Each section breaks down precise questioning you will see on the exam. If retaking the exam these flashcards help you look at the areas you didn't perform well on the first time around. The flashcards are a good size and have, good visible fonts that are easy to see and read. The cards are also easy to review because explanations and answers are concise. Right up to the exam, you want to have a study program that is effective because you want

to get the highest scores as possible, and pass. These flashcards really help with this. Use the flashcards as a review. If you have a study partner, kids or a spouse they can read the questions to you and see if you give the correct answer. Also, use the flashcards as a practice test, make the question visible, answer it and see if you get the question right. Either way you use them they are sure to benefit your progress.

Made the book easier to process. I got it on my kindle for iPad. Easier to study with flash cards.

Helpful tool

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