

IFA Aqua Fitness Certification Test Answer Form

In order to receive your certification card, take the following test and mail this single page answer sheet in with your check or money order in US funds. Or you can take the test online at <http://www.ifafitness.com> and after you pass, then pay by credit card using our secure.

Send to: International Fitness Association ATTN: Certifications 12472 Lake Underhill Rd, #341 Orlando, FL 32828	Choose Card and Certificate Option: Email PDF only (\$119) <input type="checkbox"/> Paper in Regular Mail (\$139) <input type="checkbox"/>
--	---

Tester:		Date:	
Name:			
Address:			
City:	State/Province:	Zip:	
Home Phone:	Work Phone:		
Email:	CI Number:		

Place an 'X' in the appropriate box for True/False questions. For questions 80 to 100 match the question to the appropriate letter.

Cardiovascular	Aqua		Kinesiology			Physiology			Aging Effects			Scenarios				
	T	F		T	F		T	F		T	F					
1			13			35			54			67			80	
2			14			36			55			68			81	
3			15			37			56			69			82	
4			16			38			57			70			83	
5			17			39			58			71			84	
6			18			40			59			72			85	
7			19			41			60			73			86	
8			20			42			61			74			87	
9			21			43			62			75			88	
10			22			44			63			76			89	
11			23			45			64			77			90	
12			24			46			65			78			91	
			25			47			66			79			92	
			26			48									93	
			27			49									94	
			28			50									95	
			29			51									96	
			30			52									97	
			31			53									98	
			32												99	
			33												100	
			34													

IFA Aqua Fitness Certification Test Questions

CARDIOVASCULAR

1. Raising the arms overhead during exercise increases the heart rate
2. Abruptly stopping intense exercise causes blood to pool in the upper extremities
3. Resting Heart Rate (RHR) is determined immediately before exercise
4. Dislodged Blood clots can travel and create embolisms throughout the body.
5. The Valsalva Maneuver can increase blood pressure to extremely high and dangerous levels.
6. Fitness Level improvement is determined by Aerobic Frequency, Intensity and Duration
7. Recommended Aerobic Frequency is 3 to 5 days a week
8. Recovery heart rate should be below 120 bpm after 2 to 5 minutes after exercise stops
9. For an experienced class, heart rate should be checked every 15 to 20 minutes
10. Warm-up should always precede stretching exercises
11. One of the benefits of aerobic exercise is increased flexibility
12. Beginner target heart rates should be 60% to 70% of maximum

IFA Aqua Fitness Certification Test Questions

AQUA TRAINING

13. Recommended pool water temperature should be around 80°F (27°C)
14. During class, only one move should be changed at a time
15. Sprains are treated with Rest, Ice (for 20min/every 2hrs), Compression and Emergency Response
16. Water temperature has no effect on individuals with hypertension
17. Water exercise programs are not recommended for individuals with arthritic joints
18. Teaching class from the water is preferred to properly demonstrate moves
19. The appropriate music tempo for aqua classes is 125 bpm to 150 bpm
20. Water exercise programs improve bone density better than land-based exercises
21. Heart rates are higher in water than on land for the same exercise
22. Complex movements in water are to be performed at a regular tempo
23. A body submerged to the neck weighs approximately 50% less in water than on land
24. Deep water is considered greater than a person's height
25. Too much buoyancy on the ankles can affect balance
26. Heart rate increases with increased water temperature
27. An eight foot diameter (4 ft radius) circle is recommended for each participant in the pool
28. Aqua movements must be designed to maintain balance and speed
29. Aqua instructors should have lifeguard training
30. All participants in aqua training should be accomplished swimmers
31. Increasing intensity can be achieved by increasing speed
32. Most people at rest begin to shiver in water temperature of about 75°F - 83°F (24°C - 28°C)
33. Webbed gloves or foam dumbbells will increase intensity
34. Intensity is increased by a downward movement of air-foam devices

IFA Aqua Fitness Certification Test Questions

KINESIOLOGY

35. Tendons connect bone to bone
36. An inflamed tendon is called tendonitis
37. The Frontal plane divides the body from front to back
38. The Horizontal plane divides the body from upper to lower
39. Anterior refers to the anatomical rear
40. The Prone position refers to face down
41. Kinesthesia is defined as our sensation of positional movement.
42. Isotonic contraction means constant muscle tension at a varying length
43. Isokinetic contraction means both varying muscle tension and length
44. Agonist muscle group refers to the prime mover
45. The Antagonist is opposite of the prime mover
46. A sprain is the stretching or tearing of a tendon
47. A strain is a muscle injury
48. Extension is defined as an increasing joint angle
49. Abduction is defined as movement away from the body centerline
50. Flexion is defined as an decreasing joint angle
51. Isometric contraction means constant tension with no increase in muscle length
52. Reduced range of motion can be due to arthritis or stiffer connective tissue.
53. Ligaments connect bone to bone

IFA Aqua Fitness Certification Test Questions

PHYSIOLOGY

54. Aerobic exercise can utilize carbohydrate, protein and fat for energy production
55. Muscles require Adenosine Triphosphate (ATP) for both aerobic and anaerobic activity
56. Anaerobic exercise can utilize only carbohydrates for energy production
57. Anaerobic energy production provides high power for a short duration
58. Aerobic energy production provides low to moderate power for a long duration
59. Aerobic Capacity is the ability of the body to process carbohydrates for exercise
60. Carbon dioxide, heat and water are the by-products of aerobic exercise
61. Triglycerides are a form of fatty acids stored in adipose tissue for energy
62. Glucose is a simple sugar carried in the blood for long-term energy
63. Fast twitch muscles are for explosive type movements and are easily fatigued
64. Slow twitch muscles are for high power type activities
65. Glycogen is a form of glucose stored in the muscles and liver for energy
66. Slow twitch fibers are used for endurance and are more suited to aerobic activities

IFA Aqua Fitness Certification Test Questions

PHYSIOLOGICAL EFFECTS OF AGING

- 67. VO₂ Max remains unchanged throughout the aging process.
- 68. Age decreases adipose tissue and increases muscle hypertrophy.
- 69. Cardiovascular training can reverse the effects of aging.
- 70. Senior resting heart rates are lower than younger populations.
- 71. Aging tendons become rigid and less flexible.
- 72. Sarcopenia is the loss of muscle mass.
- 73. Arthritis is an inflammation of the muscles surrounding a joint.
- 74. Weight training can increase bone density and muscle mass.
- 75. Reduced function of the thyroid gland can decrease the metabolic rate.
- 76. The adrenal glands regulate blood pressure, carbohydrates and the body's use of nutrients.
- 77. Cognitive deficiencies increase the risk of injury.
- 78. Hearing in the elderly can decrease the ability to follow instructions.
- 79. Exercise has been proven to decrease depression and reduce self confidence.

IFA Aqua Fitness Certification Test Questions

Scenarios

80. Which of the following is NOT a benefit of Aqua Aerobics
1. Reduced impact on joints
 2. Muscle hypertrophy
 3. Reduced stress on joints by decreasing weight bearing
81. Water-based exercise programs should be avoided by individuals who have
1. Severe Hypotension
 2. Arthritis
 3. Clinical Obesity
82. An advantage of deck teaching is
1. Increased cueing visibility
 2. Ability to demonstrate high impact exercises
 3. Reduces instructor physical stress
83. An advantage of in water teaching is
1. Increased cueing visibility
 2. Provides faster learning curve for participants
 3. Allows easier simulation of exercise moves
84. The reduced effects of gravity affect which of the following
1. Kinesthesia
 2. Proprioceptive Neuromuscular Facilitation
 3. Both
85. A backward leg thrust in water
1. Produces an equal but opposite force
 2. Muscle hypertrophy
 3. Improves balance
86. A participant who has known untreated hypertension. You should?
1. Not allow them to participate in the class and ask them to report to the manager
 2. Allow them to participate, but at a lower intensity
 3. Ask the gym manager to reduce the pool temperature
87. A participant begins to panic during class. You should?
1. Tell them to calm down
 2. Have the class continue with a basic move and attend to the individual
 3. Keep a watch on them and wait for them to acclimate
88. A participant insists on using small plastic covered iron weight. You should?
1. Not allow them to use the weights and ask them to report to the manager
 2. Allow them once you verify that they are plastic covered
 3. Threaten to walk out if they insist on using the weights
89. A participant gets a calf cramp and is in obvious distress. You should?
1. Have the class continue with a basic move and attend to the individual
 2. Have the individual straighten their leg to elongate the muscle
 3. Both
90. A participant's heart rate is at 90%. You should?
1. Have the individual reduce activity to an in place march
 2. Have the individual leave the pool and sit down

3. Heart rate is actually higher in water, so it is not a problem
91. Which of the following is NOT a method to increase intensity
1. Reduce arm movements
 2. Add foam weights
 3. Increase speed
92. An acceptable tempo range for aqua classes is
1. 110-140 bpm
 2. 125-150 bpm
 3. 150-160 bpm
93. Corresponding movements refer to
1. left leg and right arm
 2. left leg and left arm
 3. left leg and right leg
94. The recommended pool space per individual is
1. a 5 foot circle
 2. an 8 foot circle
 3. a 5 x 5 area
95. A participant begins to feel dizzy. You should?
1. Have the class continue with a basic move and attend to the individual
 2. Have the individual leave the pool and sit down
 3. Both
96. A participant is complaining of chest tightness and arm pains. You should?
1. Have them sit down and rest and have someone call 911
 2. Have their physician issue a new release after a checkup
 3. All of the above
97. A participant suddenly appears unresponsive and distant during a workout. You should?
1. Have them sit down and rest and have someone call 911
 2. Have their physician issue a new release after a checkup
 3. All of the above
98. A participant has high blood pressure but a doctor's approval. You should?
1. Allow them to participate, but inform them to stop if they feel any discomfort
 2. Refuse to allow them to participate
 3. Both are valid options
99. What can be used to counter a genetic predisposition to high blood pressure?
1. Diet and exercise
 2. Medications
 3. All of the above
100. A participant falls and experiences joint pain during a class. You should?
1. Stop the class, apply ice, and report it to the front desk
 2. Reduce any weights and have them continue
 3. Have them sit it out and rest until the end of the class