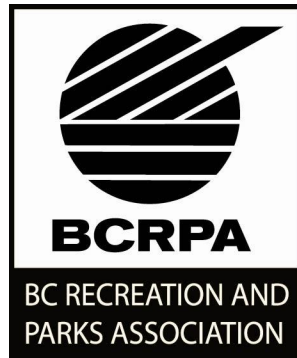


ADVANCED THEORY EXAM STUDY GUIDE



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The Advanced Theory Exam is a collaborative effort of the BCRPA Fitness Branch Executive, The Provincial Fitness Advisory Committee (with special thanks to Robin Carr), LIFE Consultants, and InfoFit.

It will identify those instructors with the knowledge and experience necessary to be an Advanced Fitness Leader in today's fitness industry.

ADVANCED THEORY EXAM

Congratulations on your initiative to write the Advanced Theory Exam. The exam was created through a collaborative effort by the BCRPA Fitness Branch Executive, the Provincial Fitness Advisory Committee, LIFE consultants and InfoFit.

The Advanced Fitness Leader is an experienced leader who has shown a professional commitment to the fitness profession, and who has demonstrated this through excellence in direct leadership, a record of continuing education, and evidence of a more comprehensive understanding of the theory related to exercise management. As well as being able to deal with apparently healthy, relatively “low-risk” members of the public, this leader has demonstrated the knowledge and skills required to modify programs successfully for people with “higher risks” and special needs. No specific course work is required to write the Advanced Theory Exam. The candidate assumes the responsibility of meeting their own needs for continuing education through self directed study, additional courses and workshops. The majority of the questions on the exam are based on a textbook by Corbin and Lindsay, called Concepts of Physical Fitness (The rest of the questions are based on various resources which are listed in the enclosed biography). Candidates are given one hour and a half to write this 75 question multiple choice exam.

This brief Study Guide contains the following information:

- a) resources and suggested reading
- b) specific exam topics and their weighting
- c) sample questions and answers

The Study Guide is intended to help you focus your preparation on the more pertinent areas for the exam, and dispel any apprehensions you may have regarding the exam.

Exam Questions Weighting

A. Health:	15%
B. Components of Physical Fitness:	24%
C. Weight Management:	12%
D. Safety:	11%
E. Anatomy/Physiology:	12%
F. Movement Mechanics	15%
G. First Aid:	9%
H. Adult Learning	<u>2%</u>
	100%

Health: (15%)

1. Health related fitness
2. Hypokinetic diseases
3. Lifestyles for health and living

Components of Physical Fitness: (24%)

1. Exercise preparation
2. Components of health related physical fitness:
 - i. Cardiovascular fitness
 - ii. Aerobic and anaerobic exercise
 - iii. Flexibility
 - iv. Stretching exercises
 - v. Muscular strength, power and endurance

Weight Management: (12%)

1. Effects of exercise and diet on body composition
2. Nutrition and good health

Safety: (11%)

1. Common joint stresses and injuries
2. the stresses and safety of exercise
3. Joint risks of controversial exercises
4. Injury predispositions
5. Injury prevention and management

Anatomy/Physiology: (12%)

1. Acute responses to aerobic and anaerobic exercise
2. Location and action of major muscle groups
3. General anatomy and function of organ systems

Movement Mechanics: (15%)

1. Primary joint movements
2. Action and types of contractions of major muscle groups
3. Exercises for agonists and antagonists
4. Power and force

First Aid: (9%)

1. Effects of exercise on Asthma, Diabetes and Heart Disease
2. First Aid treatment of Asthma, Diabetes and Heart Disease
3. Safety precautions

Adult Learning: (2%)

1. Leadership qualities
2. Essential communication skills
3. Enhancement of adult learning

SAMPLE QUESTIONS

The following sample exam questions illustrate a cross-section of the types and content of multiple choice questions on the exam.

A. Health:

Which of the following is not a characteristic of a healthy lifestyle?

- a. Being able to perform CPR effectively in an emergency
- b. Continual exposure to stressful situations
- c. Exercising regularly
- d. Periodic medical checkups and physical examinations
- e. Habitual use of a seatbelt

B. Components of Physical Fitness:

Which is true of weight training?

- a. Warm-up is unnecessary, the first sets are sufficient to warm-up
- b. It's important to balance the strength of agonists and antagonists
- c. One should begin their workout with a maximal strength test
- d. Increasing strength decreases speed and coordination

C. Weight Management:

Fasting will:

- a. Decrease total body fat
- b. Accelerate weight loss
- c. Decrease BMR
- d. Increase lean : fat mass ratio

D. Safety:

Select the questionable (unsafe) exercise:

- a. Leg hug
- b. Alternate leg kneel
- c. Reverse curl
- d. crunch (curl-up)
- e. Full sit-up, feet restrained, hands behind the head

E. Anatomy/Physiology:

Which organ's activity is not increased during exercise?

- a. Skin
- b. Stomach
- c. Heart
- d. Lungs

F. Movement Mechanics:

Circumduction involves:

- a. Flexion, adduction, rotation, abduction, extension
- b. Flexion, extension
- c. Abduction, retraction, flexion, adduction, extension
- d. Horizontal flexion and extension, rotation
- e. Rotation

G. First Aid:

Treatment for a third degree ankle sprain is:

- a. Keep ankle mobile, do slow stretching exercises for 10 minutes, then resume activity
- b. Remove victim from exercise area, elevate foot, apply hot compress
- c. Remove victim from exercise area, elevate foot, apply cold compress
- d. Elevate head above body, and alternate hot and cold compress

H. Adult Learning:

Adult learning is enhanced when:

- a. It occurs in a threatening environment
- b. Students are separated to learn on their own
- c. The learning process holds no personal meaning for the students
- d. Learning activities appeal to both cognitive (thinking) and affective (feeling) processes of knowing

Answer code: A. (b) B. (b) C. (c) D. (e) E. (b) F. (a) G. (c) H. (d)

Resources and Suggested Reading for Further Study

Corbin, C.B. and Ruth, Lindsey, Concepts of Physical Fitness, Seventh Edition: Wm. C. Brown Publishers, Dubuque, IA, 1991

Byer, Curtis, O. and Shainberg, Louis W. Living Well Health in Your Hands: Harper Collins Publishers, New York 1991

Rosa, Frank D., Fitness and Wellness Second Edition: west Publishing Company, St. Paul, Minn.

Sources for Information

Canadian Diabetes Foundation
Canadian Heart Foundation/Red Cross
Canadian Living Foundation