

AFAA Practice Test Questions and Answers

1. Cross-training involves:

- A) Training only one muscle group per session
- B) Using multiple types of exercise to reduce overuse injury risk and improve overall fitness
- C) Exercising exclusively with free weights
- D) Training at maximum intensity every session

2. What does VO2 max measure?

- A) Maximum anaerobic power output
- B) Maximum lung capacity at rest
- C) Maximum rate of oxygen consumption during exercise
- D) Maximum heart rate during exercise

3. The glycemic index (GI) measures:

- A) The fat content of a food
- B) How quickly a food raises blood glucose levels compared to pure glucose
- C) The total calorie content of a food
- D) The protein quality of a food

4. Which bone forms the heel of the foot?

- A) Talus
- B) Navicular
- C) Calcaneus
- D) Cuboid

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

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