

Aerial Fitness Certification Practice Test Questions and Answers

1. What is the maximum recommended height for mounting aerial silks or lyra equipment?

- A) 8 feet
- B) 12 feet
- C) 16 feet
- D) 20 feet

2. Which safety inspection should be performed before each aerial fitness class?

- A) Equipment visual inspection and rigging points check
- B) Only fabric condition check
- C) Only student health screening
- D) Room temperature check

3. What is the proper technique for entering a basic aerial silk climb?

- A) Jump and pull immediately
- B) Engage core, create foot lock, climb with control
- C) Use only upper body strength
- D) Pull both silks together and climb

4. What contraindication would prevent someone from participating in aerial fitness?

- A) Mild back discomfort
- B) Recent eye surgery or retinal issues
- C) Being a beginner
- D) Fear of heights

Answers: 1-D 2-A 3-B 4-B

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