

YMCA Practice Test Questions and Answers

1. How does yoga support flexibility?

- A) It stiffens muscles
- B) It lengthens muscles and increases range of motion
- C) It only strengthens muscles without improving flexibility
- D) It limits joint movement

2. Why is alignment important in yoga practice?

- A) To speed up transitions between poses
- B) To prevent injuries and improve effectiveness
- C) To eliminate the need for breathing techniques
- D) To make poses more challenging

3. Why is proper warm-up important in a yoga class?

- A) It is unnecessary in yoga practice
- B) It reduces the risk of injury and enhances flexibility
- C) It shortens the overall session
- D) It replaces the need for proper alignment

4. How does deep breathing help in stress management?

- A) Increases stress hormone production
- B) Activates the relaxation response and reduces cortisol
- C) Suppresses lung function
- D) Limits oxygen supply to the brain

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

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