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Lawrence Biscontini and

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certification. I printed them out and cut them up and carried ...

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Tips For Passing The AFAA  
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of nervous, muscular, and  
skeletal systems to create  
movement . The Nervous  
System . Central nervous  
system (CNS)- brain and  
spinal cord; coordinates  
activity of body parts  
Peripheral nervous system  
(PNS) -all nerves branching  
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out to the body

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The Human Movement System -  
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Questions™ 1. What is the purpose of this exercise? Consider: muscular strength or endurance, cardiorespiratory conditioning, flexibility, warm-up or activity preparation, skill development, and stress reduction 2.

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Primary Group Exercise  
Certification v4 Online Pages  
1 - 50 ...

If you filled out the study guide and prepared for the demonstrations prior to the class, you should be fine. It sounds like the instructors go over the study guide, and

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specifically talk about what is going to be on the multiple choice test taken at the end of the workshop. ... These questions belong to AFAA, and are not my property. I felt ...

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