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ACE's Essentials of Exercise Science. for Fitness Professionals. Chapter 1: Human Anatomy. Learning Objectives. This chapter covers the seven physiological systems of the human. body that all fitness professionals must understand: the. cardiovascular, respiratory, digestive, skeletal, neuromuscular,

ACE's Essentials of Exercise Science for Fitness Professionals

A core study material for the ACE Personal Trainer certification exam, ACE Essentials of Exercise Science for Fitness Professionals covers foundational knowledge of exercise science needed to develop and deliver safe and effective exercise programs. The text, which many professionals use as an on-the-job resource throughout their careers, covers human anatomy, exercise physiology, the fundamentals of applied kinesiology, nutrition basics and the physiology of training.

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With exercise, the heart can become more efficient with each beat, meaning it won't need to beat as many times at rest. Basics of the Respiratory System The respiratory (to respire means to breathe) system replaces oxygen into the blood and removes carbon dioxide (CO2) and is made up of the nose, nasal cavity, pharynx, larynx, trachea, bronchi and lungs.

The Basics of Exercise Science (Part 1)

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Energy Systems Available During Exercise There are three primary energy systems that supply the body with ATP during exercise. 1. Phosphagen system (anaerobic) □ Involves the breakdown of creatine phosphate (CP) and stored ATP to resynthesize ATP for immediate use 2. Anaerobic glycolysis

ACE's Essentials of Exercise Science for Fitness Professionals

ACE's Essentials of Exercise Science for Fitness Professionals, explains the functional kinesiology of the upper extremity, lower extremity, and spine and pelvis. After completing this session, you will have a better understanding of: - Biomechanical principles applied to human movement - The kinesiology and muscle function of the lower extremity - The kinesiology and muscle function of the upper extremity - Exercises to strengthen and stretch key muscle groups - Obesity and age ...

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ACE's Essentials of Exercise Science for Fitness Professionals, covers the seven physiological systems of the human body that all fitness professionals must understand: the cardiovascular, respiratory, digestive, skeletal, neuromuscular, muscular, and endocrine systems. After completing this session, you will have a better understanding of:

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exercise include the catecholamines (epinephrine and norepinephrine). - Increase cardiac contractility, leading to increased cardiac output - Vasoconstriction of non-working muscles increases total peripheral

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one of two fast-acting hormones that exert widespread effects on the organ systems that are critical for exercise performances; triggers the "fight or flight" response. insulin. fast-acting hormone that reduces blood glucose levels and promotes the uptake of glucose, fats, and amino acids into cells for storage.

ACE Essentials of Exercise Science: Chapter 5 Study Guide ...

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