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in the chest cavity, reduced blood flow to the heart, and insufficient oxygen supply to the brain.

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at the large card and try to recall what is on the other side. Then click the card to flip it. If you knew the answer, click the green Know box. Otherwise, click the red Don't know box. When you've placed seven or more

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cards in the Don't know box,  
click "retry" to try those  
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Fitness Association of America, or AFAA, Group Fitness Certification Exam is an assessment used to measure the test taker's knowledge and ability to perform adequately as a personal trainer. The test

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is made up of two parts: a multiple choice section, as well as a practical section.

*AFAA Certification (updated 2020) AFAA Test Prep Tips GFI Exam Study Guide. The Human Movement System .*

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Kinetic chain—interrelation 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

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Peripheral nervous system  
(PNS) –all nerves branching  
off spinal cord, extending  
out to the body

*The Human Movement System -  
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