

CanFit Pro FIS Study Guide Questions With Complete Solutions

_____ pain is the result of damage to the musculoskeletal system, whereas _____ pain is a result of disease. Correct Answers Mechanical/Systemic

A 20-year old participant would have a predicted maximum heart rate of _____ BPM Correct Answers 180

A fit and unfit person has the same amount of blood at rest. The fit person has a _____ HR because their stroke volume is _____ Correct Answers Lower, higher.

Agonist Correct Answers Primary muscle causing movement

An average resting blood pressure is: Correct Answers 120/80

Anaerobic means Correct Answers Without Oxygen

Antagonist Correct Answers Opposing muscle to the agonist

Anterior Correct Answers Front of the body

ATP Phases Correct Answers 1. ATP:CP
1-2 seconds of high intensity workout
1 ATP deposited

2. Glycolytic System
10-120 seconds of high intensity workout
2/3 ATP deposited

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