

Supplemental Materials

Personal Fitness Training: Theory & Practice

A COMPREHENSIVE RESOURCE FOR PERSONAL TRAINERS



THE MARK OF THE PROFESSIONAL.



AFA The Aerobics and Fitness Association of America

Psychology 101

SCANTRON.

Psychology 101

1. The amygdala is a part of the limbic system that is primarily responsible for:

A) regulating emotions

B) controlling motor functions

C) processing sensory information

D) regulating body temperature

2. The hypothalamus is a part of the limbic system that is primarily responsible for:

A) regulating emotions

B) controlling motor functions

C) processing sensory information

D) regulating body temperature

3. The hippocampus is a part of the limbic system that is primarily responsible for:

A) regulating emotions

B) controlling motor functions

C) processing sensory information

D) regulating body temperature

4. The cerebellum is a part of the brain that is primarily responsible for:

A) regulating emotions

B) controlling motor functions

C) processing sensory information

D) regulating body temperature

5. The brainstem is a part of the brain that is primarily responsible for:

A) regulating emotions

B) controlling motor functions

C) processing sensory information

D) regulating body temperature

Psychology 101

Scantron

Afaa Personal Training Manual

Albert A Gayle



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