

IFA Group Fitness and Personal Trainer Certification Exam Answer Sheet

Use this form to enter your answers and then transfer them to the online exam form at <http://www.ifafitness.com/aerotest.htm>

Name:		
Address:		
City:	State/Province:	Zip:
Home Phone:	Work Phone:	
Email:	CI Number:	

Place an 'X' in the appropriate box for True/False questions. For questions 80 to 100 match the question to the appropriate letter.

Cardiovascular			Physiology			Kinesiology			Aerobics			Weight Training			Muscle Groups	
	T	F		T	F		T	F		T	F		T	F		
1			16			31			50			69			80	
2			17			32			51			70			81	
3			18			33			52			71			82	
4			19			34			53			72			83	
5			20			35			54			73			84	
6			21			36			55			74			85	
7			22			37			56			75			86	
8			23			38			57			76			87	
9			24			39			58			77			88	
10			25			40			59			78			89	
11			26			41			60			79			90	
12			27			42			61						91	
13			28			43			62						92	
14			29			44			63						93	
15			30			45			64						94	
						46			65						95	
						47			66						96	
						48			67						97	
						49			68						98	
															99	
															100	