

IFA Senior Fitness

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/senrtest.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 number.

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