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muscular, and skeletal systems to create movement . The Nervous System . Central nervous system (CNS)— brain and spinal cord; coordinates activity of body parts  
Peripheral nervous system (PNS) —all nerves branching off spinal cord, extending out to the body

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The Human Movement System - AFAA  
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strength or endurance, cardiorespiratory conditioning, flexibility, warm-up or activity preparation, skill development, and stress reduction 2.

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Primary Group Exercise Certification

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v4 Online Pages 1 - 50 ...

If you filled out the study guide and prepared for the demonstrations prior to the class, you should be fine. It sounds like the instructors go over the study guide, and specifically talk about what is going to be on the multiple choice test taken at the end

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