

## Issa Exam Answers

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For aerobic training, ISSA recommends that individuals train at what percentage of the maximum heart rate? 55% to 85% A watt is a measure

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of power involving a known force, distance, and time frame.

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ISSA FINAL EXAM Section1 BMR Basal Metabolic Rate What is the primary fuel used during endurance exercise Fatty Acids What are the parts of the circulatory system The heart, arteries and Veins What are the parts of the Nervous System The Central, and Peripheral What connects bone to bone Connective Tissues What muscle fibers are Aerobic Type 2 Kinesiology studies the mechanics and anatomy in relation to human movement What action is when muscles shorten to produce movements Concentric What ...

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ISSA Practice Exam Answer Key Q1: The ATP/CP Pathway is ideal for what action? A1: B. 100m sprint Q2: Metabolism can be classed in these phases A2: D.

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The most difficult ISSA CPT exam responses ISSA Exam: Section 4 Question Responses. Section 1 (Units 1-3), option 1 Response: Immediately you should notice that this question is from the very first unit of the textbook, Metabolism. This makes it kind of easy to just flip back to the beginning of the book and do a quick memory jog.

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ISSA FINAL EXAM ESSAY ANSWERS. issa It is typically considered an advanced technique and has to be performed fast in answer to be performed properly. The exam decline bench press is final multi joint movement, however less joints are involved in agonist action than the answer and jerk. The other two movements are single joint exercises.

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The ISSA Certification Board is solely responsible for all essential decisions related to the development, administration, scoring, and ongoing maintenance of the certification programs. While the Board may delegate ongoing program operations to employees or consultants as needed, these areas of policy level decision-making responsibility may not be subcontracted to any other organization or ...

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