

ISSA Final Exam | Questions and Verified Answers| 2023/ 2024 New Update

Q: What is the most superficial (closest to the surface) muscle of the abdominals.

Answer:

External obliques

Q: Utilizing the FITT principle, how many times a week should a beginner client workout for?

Answer:

3 times a week. This principle works best for beginners because it will show them how to get started.

Q: What is responsible for sensing excessive stretch to protect the muscle?

Answer:

Muscle spindle.

Q: Cycling your training to help account for shock, compensation, and exhaustion is an important part of periodization and refers to which principle?

Answer:

The GAS principle.

1. "Alarm stage" applying intense training stress.
2. "Resistance stage" muscles evolve and adapt to handling heavier loads and resist stressful weights more easily and effectively.
3. "Exhaustion stage" continually adding stress will exhaust our reserves and will cease to function at peak performance.

To prevent the third stage from even happening, you need weeks of going "light"; decreasing the weight and intensity to give your body time to rest and recover.

Issa Final Exam Questions And Answer

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