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## **ISSA Nutrition Final Exam Latest 2023-2024 Questions with Correct Answers 2023 Graded A+**

What is the recommended amount of fat per meal for a male client? -

**ANSWER>>2 thumbs**

What muscle is the prime mover in the bench press? -

**ANSWER>>Pectoralis major (sternal pectoralis major) is the largest between the that and clavicular (upper chest) pectoralis.**

How is strength usually measured? - **ANSWER>>1RM test since strength is defined as the:**

- 1. ability to contract muscles with maximum force.**
- 2. Being able to exert musculoskeletal force against external object (weights, ground, opponents).**

What is an environmental stressor a client may experience? -

**ANSWER>>Allergies**

Especially for clients with asthma because their airways narrow and swell, and then fill up with mucus causing breathing difficulties.

What type of muscle fiber is best for competing in a triathlon? -

**ANSWER>>Type 1 (slow-twitch)**

**These fibers are fatigue resistant and focus on long-distance events where the body utilizes the oxidative pathway.**

**Hold more mitochondria and myoglobin**

"Keep shoulder blades down and together throughout the entire movement" is an appropriate cue to give clients during what movement? -

**ANSWER>>Dumbbell incline bench press**

What are the recommended servings of fruits and vegetables per day? -

**ANSWER>>5 - 10 servings per day. We need lots of vegetables because they are nutrient dense (has lots of nutrients) and are essential to improved health.**

# Issa Nutrition Final Exam Questions And Answers

**Robert Wolff**



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