
ISSA Final Exam With 100% Correct Answers 2023

For a skinfold body composition assessment, what sites are used for the three-site body density method for females? - Correct answer-Triceps, suprailiac, thigh

The PACER test is a fitness assessment used for what special population? - Correct answer-Youth

What is the term for blood circulation within the heart and lungs? - Correct answer-Pulmonary circulation

What does the S in SMART goals stand for? - Correct answer-specific

Which term describes movement toward the midline of the body? - Correct answer-Adduction

According to the CDC, what is the definition of sanitizing? - Correct answer-Cleaning and killing germs on surfaces to bring the microbe level to an acceptable range

According to the American Heart Association, what is considered a 'normal' blood pressure? - Correct answer-110/80 mm Hg

What is the definition of quickness as it relates to the element of reactive training? - Correct answer-The ability to react and change body position with maximum rate of force production

What is the condition of low blood pressure measuring 90/60 mm Hg or less? - Correct answer-Hypotension

Which principle of fitness states that a training program must be specific for an individual's goals and desired adaptations? - Correct answer-Principle of specificity

In the OARS model for behavior change, recapping the plan of action is part of which technique? - Correct answer-Summarizing

According to the CDC, what is the definition of cleaning? - Correct answer-Removing dirt and impurities from a surface with a detergent and water

Which body composition measurement utilizes calipers? - Correct answer-Skinfold measurements

Issa Trainer Final Exam Answers

LL Leslie



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