

ISSA FINAL EXAM

1. Which client form allows clients to understand and accept any and all risks associated with beginning an exercise program?: **liability waiver**
2. A movement that keeps the distal end of the body segment fixed in one location describes what type of kinetic chain movement?: **Closed kinetic chain movement**
3. Which of the following is considered an incomplete protein?: **peas**
4. For the average adult what percentage of the diet should be carbohydrates? -
: **45 to 65 percent of daily calories**
5. In which anatomical plane does the internal and external rotation of the shoulder occur?: **transverse plane**
6. Type, frequency, time, and rest are examples of what aspect of fitness?: **Acute training variables**
7. At what average age does flexibility start to diminish for most people?: **45 years of age**
8. In marketing, what is the definition of a "target market?": **The particular group of consumers that a product or service targets**

Issa Cft Exam Answers

Robert Wolff



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




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