
ISSA FINAL EXAM 2024 100% CORRECT ANSWERS ~ GRADED A+

Which client form allows clients to understand and accept any and all risks associated with beginning an exercise program? **Correct Answer** liability waiver

A movement that keeps the distal end of the body segment fixed in one location describes what type of kinetic chain movement? **Correct Answer** Closed kinetic chain movement

Which of the following is considered an incomplete protein? **Correct Answer** peas

For the average adult what percentage of the diet should be carbohydrates? **Correct Answer** 45 to 65 percent of daily calories

In which anatomical plane does the internal and external rotation of the shoulder occur? **Correct Answer** transverse plane

Type, frequency, time, and rest are examples of what aspect of fitness? **Correct Answer** Acute training variables

At what average age does flexibility start to diminish for most people? **Correct Answer** 45 years of age

In marketing, what is the definition of a "target market?" **Correct Answer** The particular group of consumers that a product or service targets

What term is described as the volume of blood the left ventricle pushes out in a single heartbeat? **Correct Answer** stroke volume

Which of the following is a symptom of a heart attack? **Correct Answer** shortness of breath

Which flexibility technique may be assisted by or utilizes A stretching tool like a towel or stretching strap? **Correct Answer** Pre-contraction stretching

Issa Trainer Final Exam Answers

AW Rasmussen



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