
ISSA CERTIFICATION EXAM LATEST 2023-2024 QUESTIONS AND VERIFIED ANSWERS / ISSA EXAM LATEST 2023-2024

1. Who should recommend a GXT for a client prior to starting an exercise program?
 - a. ☐ Trainer
 - b. ☐ Client
 - c. ☐ Nutritionist
 - d. ☒ Physician

2. Which of the following is a key strategy for nutrition coaching?
 - a. ☐ Identifying and eliminating behavior goals
 - b. ☐ Identifying and eliminating time constraints
 - c. ☒ Identifying and eliminating limiting factors
 - d. ☐ Identifying and eliminating outcome goals

3. Which of the following is used to measure the pressure exerted on the walls of the blood vessels during refilling of the heart?
 - a. ☐ Systolic pressure
 - b. ☐ Heart rate
 - c. ☒ Diastolic pressure
 - d. ☐ Pulse

4. Utilizing the FITT principle, how many times per week should a beginner client workout?
 - a. ☐ 2
 - b. ☒ 4
 - c. ☐ 3
 - d. ☐ 1

Issa Certification Exam Answers

Christian G. Meyer

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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