

Issa Fitness Nutrition Final Exam

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issa final exam. the primary fuel during endurance exerc.... the human body consists of. Metabolism can be categorized in the fo.... BMR stands for. fatty acids. chemicals, cells, tissues. catabolism & anabolism. basal metabolic rate.

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ISSA FINAL EXAM Section1 BMR Basal Metabolic Rate What is the primary fuel used during endurance exercise Fatty Acids What are the parts of the circulatory system The heart, arteries and Veins What are the parts of the Nervous System The Central, and Peripheral What connects bone to bone Connective Tissues What muscle fibers are Aerobic Type 2 Kinesiology studies the mechanics and anatomy in relation to human movement What action is when muscles shorten to produce movements ...

Issa Training Final Exam Answer - 12/2020 - Course f

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1. Using the information above, calculate the client's BMI 23.16 2. Calculate the client's BMR. 1865.04 3. Calculate the client's target heart rate at 60% and 80% using the Karvonen formula. THR @ 60% = 131 THR @ 80% = 148 4. Discuss fitness tests or methods of evaluation that should be used to assess ...show more content...

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How To Pass The NASM Fitness Nutrition Specialist Exam ...

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ISSA Trainer : Members Section

ISSA Final Exam for Personal Trainers The 160-question ISSA exam covers numerous topics that include general fitness, metabolism, nutrition, program development, health and physical fitness, kinesiology, biomechanics, anatomy, and physiology. The ISSA is an excellent route for those who need extra help in the test-taking department.

ISSA Review: Costs, Exam, Salary, How to Become a CPT & More

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