

## ISSA Final Exam Latest 2023 Already Passed

What is the prime mover at the hip during a hip hinge? ✓✓Erector spinae

What term represents the six anatomical locations of predictable movement patterns where movement dysfunctions can be detected? ✓✓Kinetic chain checkpoints

When considering exercise order, what should be a priority before completing accessory exercises? ✓✓Compound exercises

Which energy pathway is dominant when the body is at rest or during low-intensity, long-duration activity? ✓✓Anaerobic glycolysis

What is the central nervous system (CNS) responsible for? ✓✓Receiving sensory input and organizing, analyzing, and processing neural information

What intensity (percent of 1RM) is most closely associated with the training adaptation of muscle hypertrophy? ✓✓Less than 67 percent of 1RM

When using email marketing, what is the ideal weekly email frequency for marketing and communicating with clients? ✓✓Two to three per week

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

What is a split routine as it relates to resistance training? ✓✓The division of training sessions by body part or body region

What postural and movement deviation occurs when the knees excessively bow inward toward the midline? ✓✓Knee valgus

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What is the purpose of a business plan? ✓✓to outline how a business will be operated

What term is described as the volume of blood the left ventricle pushes out in a single heartbeat? ✓✓Stroke volume

Which of the following best describes the muscular endurance component of fitness? ✓✓The ability of a muscle or group of muscles to continuously exert force against resistance over time

Which of the following is a risk factor for developing hypertension? ✓✓Having diabetes

Which type of muscle is the most common in the human body? ✓✓Skeletal muscle

Lactic acid has been found to have many functions in the body, including which of the following? ✓✓It can promote the metabolism of glucose and glycogen over fats for faster energy production

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

What resistance training style is a combination of partial repetitions and isometric holds?

✓✓Functional isometrics

What additional health and fitness assessment is strongly recommended for a client with type 2 diabetes? ✓✓Exercise stress test