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ISSA recently changed their exam structure to 200 question multiple-choice as opposed to the old multiple-choice, essay, and case study exam. If you want an extra helping nudge, check out my free practice exam and study guide here. Check out a full 200 question practice exam gear from the leaders in personal training study materials.

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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 - 10/2020

What's On The Exam The NCCPT NCCA accredited certification exams are 140 multiple choice questions.

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125 questions are graded (scored on the exam) and 15 questions are field items (pre-test, not scored on the exam). View a list of the exams' content

NCCA CPT Exam | ISSA

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SECTION II: 120 multiple choice SECTION III: 1 short essay and 1 case study Record your answers to Section I and Section II on the provided answer form. You may use pencil or pen.

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Section 2: Multiple Choice Q&A-51-60 This part of your examination is worth 100 points and consists of 50 Multiple Choice questions 51. Metabolism can be categorized in the following phases A. catabolism B. myotabolism C. anabolism D. A and C E. B and C F. A and B 52.

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ISSA CPT Review - traineracademy.org

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ISSA FINAL by: Bonnie I am now ISSA certified and the open book test certainly is challenging. The multiple choice and T/F is the easy part. Case studies and essays required research and thought put into it. You have to understand that it has to be challenging, or the cert is crap. You cannot expect it all to be a walk in the park and then get paid \$50+/hour. It has to be earned. I read ...

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