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For aerobic training, ISSA recommends that individuals train at what percentage of the maximum heart rate? 55% to 85% A watt is a measure of power involving a known force, distance, and time frame.

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ISSA Exam: Section 4 Questions The first essay section, which is section 4 is the learning experience section. Here you will have several questions, each question will be dedicated to one section of the exam and you will be able to choose an option to answer from one of the section specific units.

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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 ...

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This study guide answers the exact questions from the official ISSA study guide (their study guide does not answer the questions) that comes with the textbook. You can either start studying now before you purchase ISSA, or use it to double-check your own answers as you answer them yourself. ISSA Unit 1 - Metabolism

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