

## Issa Trainer Test Answers

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ISSATrainer.com is the official members section for ISSA personal trainers. You can study course materials and take your exam online.

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Access study documents, get answers to your study questions, and connect with real tutors for ISSA SECTION 1, : personal trainer certification at Internation Sports Sciences Association.

### ISSA SECTION 1, : personal trainer certification - ISSA-CES

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### Personal Trainer Test (2020 Current). Explained Answers.

The ISSA Personal Trainer Certification Exam solidifies you as a recognized expert in personal training. You can choose to take the CPT final exam as a printed pen and paper option, or digitally through our secure online portal. Whatever you're most comfortable with! This is an open-book book exam, with multiple choice questions, and essay ...

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The exam is true/ false, multiple choice, 2 case studies, and 6 essays. anyone can open the book and find the answers on the first part,but the open ended section demands more. You will need to know how to calculate BMR, target heart rate, and create a 12 week exercise plan.

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