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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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Section 1 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

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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 Concentric What ...

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option 1 Response:

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Immediately you should notice that this question is from the very first unit of the textbook, Metabolism. This makes it kind of easy to just flip back to the beginning of the book and do a quick memory jog.

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**ARRANGE THE
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- 1) This signed direction sheet
- 2) Cover page, typed
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section 2 Section 2:
Multiple Choice
Q&A-51-60 This part of
your examination is
worth 100 points and
consists of 50 Multiple

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Choice questions 51.

Metabolism can be categorized in the following phases A. catabolism B. myotabolism C. anabolism D.

Issa Final Exam

Multiple Choice

Answers

ISSA personal training certificates are processed and mailed

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within three weeks after all certification requirements have been completed. Students who submit their exam online will receive their results via email, using the email address provided at the time of testing. Home Study examination results will be sent by US mail.

ISSA-CPT Certification

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Examination | ISSA

The ISSA certification programs are nationally accredited by the DEAC though. This is a federally-recognized agency that certifies educational programs, so it's almost as prestigious as NCCA. Unlike the NCCA, however, the DEAC doesn't provide accreditation for

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certification exams, but instead for programs. The difference is subtle, but is one of the reasons why ISSA probably isn't as widely accepted as NASM or ACE – although it's still a legitimate certification in the eyes of many ...

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