

# Issa Final Exam Questions And Answers

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## ISSA Final Exam Revised Questions and Answers /2024

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

The PACER test is a fitness assessment used for what special population? - ✓✓Youth

What is the term for blood circulation within the heart and lungs? - ✓✓Pulmonary circulation

What does the S in SMART goals stand for? - ✓✓specific

Which term describes movement toward the midline of the body? - ✓✓Adduction

According to the CDC, what is the definition of sanitizing? - ✓✓Cleaning and killing germs on surfaces to bring the microbe level to an acceptable range

According to the American Heart Association, what is considered a 'normal' blood pressure? - ✓✓110/80 mm Hg

What is the definition of quickness as it relates to the element of reactive training? - ✓✓The ability to react and change body position with maximum rate of force production

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

Which principle of fitness states that a training program must be specific for an individual's goals and desired adaptations? - ✓✓Principle of specificity

In the OARS model for behavior change, recapping the plan of action is part of which technique? - ✓✓Summarizing

**Issa final exam questions and answers** are crucial for students preparing to take the International Sports Sciences Association (ISSA) certification exams. Understanding the types of questions that may appear on the exam can help candidates better prepare and ultimately succeed in their pursuit of a fitness profession. This article will explore common themes in ISSA exam questions, provide study tips, and offer sample questions to enhance your exam readiness.

## Understanding the ISSA Certification Exam

The ISSA certification exam is designed to assess a candidate's knowledge and understanding of

fitness principles, nutrition, exercise science, and health coaching. The exam typically includes multiple-choice questions, true/false statements, and practical applications. Familiarizing yourself with the format of the exam and the topics covered is essential for success.

## **Core Topics Covered in the ISSA Exam**

The ISSA exam covers a variety of subjects, including:

- Exercise Physiology
- Nutrition and Diet
- Program Design
- Client Assessment
- Exercise Instruction
- Health and Fitness Trends

Each of these areas is vital for aspiring fitness professionals, as they form the foundation of effective training and client management.

## **Exam Format and Structure**

Before diving into effective study techniques, it's important to understand the exam format. The ISSA final exam typically consists of:

- Multiple-choice questions
- True/false questions
- Practical case studies