ISSA FINAL EXAM (SECTION 4) WITH 100% CORRECT ANSWERS 2025

What type of resistance exercises mimic the natural movements of the body, such as walking? - correct answer-Cross-body exercises

At what average age does flexibility start to diminish for most people? - correct answer-35

What type of resistance training equipment has a fixed range of motion? - correct answer-Weight machines

What type of warm-

up intentionally mimics the movements that will be a part of the workout to follow it? - correct answer-Dynamic Warm up

Which region of the body is the most common location for a sprain? - correct answer-ankle

For the training adaptation of maximum strength, what is the recommended number of repetitions per s et? - correct answer-1 to 5 reps

What is the Karvonen formula used to calculate? - correct answer-target heart rate

What training intensity is required during the working rounds in high-intensity interval training (HIIT)? correct answer-85% or more

What term is described as the greatest volume of air that can be expelled from the lungs after taking the deepest breath possible? - correct answer-Vital Capacity

Which of the following training repetitions and tempos would have the greatest time under tension (TUT)? - correct answer-3 repetitions at 10:0:10:0

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Jessica J Manson

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