

ISSA Final Exam ALL ANSWERS 100% SOLVED 2022/2023 EDITION RATED GRADE A+

What is the recommended amount of fat per meal for a male client? - 2 thumbs

What muscle is the prime mover in the bench press? - Pectoralis major (sternal pectoralis major) is the largest between the that and clavicular (upper chest) pectoralis.

How is strength usually measured? - 1RM test since strength is defined as the:

1. ability to contract muscles with maximum force.
2. Being able to exert musculoskeletal force against external object (weights, ground, opponents).

What is an environmental stressor a client may experience? - Allergies

Especially for clients with asthma because their airways narrow and swell, and then fill up with mucus causing breathing difficulties.

What type of muscle fiber is best for competing in a triathlon? - Type 1 (slow-twitch)

These fibers are fatigue resistant and focus on long-distance events where the body utilizes the oxidative pathway.

Hold more mitochondria and myoglobin

"Keep shoulder blades down and together throughout the entire movement" is an appropriate cue to give clients during what movement? - Dumbbell incline bench press

What are the recommended servings of fruits and vegetables per day? - 5 - 10 servings per day. We need lots of vegetables because they are nutrient dense (has lots of nutrients) and are essential to improved health.

What is the appropriate protein portion for men? - 2 palms. If you are looking to add some lean mass, add an extra thumb of fat or another cupped handful of carbs for a few meals.

Which type of contraction allows the muscles to "activate" but have no movement or change in muscle length? - Isometric contraction. Exercises include: wall-sit, plank,

A client thinks they injured their shoulder, what should the trainer do? - Refer them to a doctor. Personal trainers/fitness peeps are not qualified to diagnose injuries.

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