

ISSA Final Exam | Questions and Correct Answers | Latest Update 2024/2025 | 100% PASS

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

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

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

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

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

According to the CDC, what is the definition of sanitizing? - Answer - 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? - Answer - 110/80 mm Hg

Issa Cft Final Exam Answers

M Woodhall



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