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Issa Nutrition Final Exam Answers

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Issa Nutrition Final Exam

This is my video portion for the ISSA Strength and Condition certification. I am a previously certified ISSA Personal Training and Fitness Nutrition Speciali...

ISSA Strength and Conditioning Final Exam | Focus Athlete ...

1. Using the information above, calculate the client's BMI 23.16 2. Calculate the client's BMR. 1865.04 3. Calculate the client's target heart rate at 60% and 80% using the Karvonen formula. THR @ 60% = 131 THR @ 80% = 148 4. Discuss fitness tests or methods of evaluation that should be used to assess ...show more content...

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ISSA Nutrition Certification Review • NutritionCoaches.org

ISSATrainer.com is the official members section for ISSA personal trainers. You can study course materials and take your exam online.

ISSA Trainer : Members Section

ISSA CPT's final exam is comprised of 200 multiple choice questions spanning all 6 sections. The format recently changed from one that included essay All this is included in the course fee. The only addition would be if you're shipping from outside the UK. The textbook is very comprehensive and...

Issa Final Exam Course Hero

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