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Actual 2025/2026 ISSA CPT Final Exam Questions and Answers | Already Graded A+

What is considered a normal body mass index (BMI)? - ✓✓Below 18.5

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

What type of nonverbal communication are speech components like tone, pitch, facial expressions, and hesitation noises? - ✓✓Paralanguage

Type, frequency, time, and rest are examples of what aspect of fitness? - ✓✓Acute training variables

According to the American Heart Association, what is considered a 'normal' blood pressure? - ✓✓120/80 mm Hg

What type of reactive exercises involve the repeated maximum stretching and contracting of muscles in the shortest amount of time? -

✓✓Plyometric training

What are the building blocks of protein? - ✓✓Amino acids

Which energy pathway is dominant when the body is at rest or during low-intensity, long-duration activity? - ✓✓Oxidative energy pathway

During pulmonary circulation, which heart valve does blood pass through first? - ✓✓Tricuspid valve

What is the name of the heart valves located between the atria and ventricles that keep blood moving in only one direction? -

✓✓Atrioventricular (AV) valves

Which of the following is a common site to measure the pulse in humans? - ✓✓Radial artery

What class of hormones is released by the adrenal glands during times of stress? - ✓✓Catecholamines

The Stages of Change are known as what psychological model? -

✓✓The Transtheoretical Model (TTM)

Which type of muscle fiber derives its energy primarily from aerobic energy pathways? - ✓✓Type I muscle fibers