

ISSA Practice Test Questions and Answers

1. Which of the following is true regarding carbohydrates?

- A) They contribute to the obesity epidemic
- B) They cause diabetes
- C) They supply energy
- D) All types should be avoided

2. How can a trainer support a client in the action stage?

- A) Clarify misconceptions about exercise
- B) Discuss the best program for them
- C) Discuss progress and suggest changes to the training plan
- D) Continue educating them concerning the benefits of exercise

3. Which of the following is considered companionship support?

- A) A babysitter
- B) A friendly trainer
- C) A workout buddy
- D) A workout plan from the trainer

4. What is the recommended way for an individual to self-monitor?

- A) Keeping a daily written record
- B) Weekly goal writing
- C) Having daily conversations with their trainer
- D) Engaging in positive self-talk regularly

Answers: 1-C 2-D 3-C 4-A

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