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When the superior iliac crest of the pelvis moves forward and downward from the normal anatomical position, it is known as: Lordosis. Intradiscal pressure is up to 11 times greater when seated versus lying down. (T/F) True. Exaggerated anterior-posterior curvature of the spinal column is known as: Kyphosis.

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ISSA Online Exam - Starting-A-Personal-Training-Business

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Answers To Issa Final Exam

The ISSA personal training certification is an excellent program – especially if you prefer to take the exam online. While the open-book test is easier in some regards, the inclusion of short essay questions balances this out.

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ISSA Personal Trainer Certification Review (Cost, Exam ...

Paying the fee ensures you can complete the online ISSA certification, as required to become a real fitness and health professional. The best part is that you have months to complete the journey of an ISSA test prep and remaining ISSA certified.

ISSA Certification Review (2020) - Cost, Value, and More!

Just like the other certifications on offer by ISSA, the Nutritionist exam does require that you submit First Aid/AED. ISSA Exam: The Final Frontier. The Nutritionist exam has just 3 sections you need to answer. These are: 230 multiple-choice questions; 120 multiple-choice questions; 1 short essay question and 1 case study

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