
ISSA Study Guide Questions and Answers with Complete Solutions 100% Correct | Updated 2024

ATP stands for - ANSWER Adenosine Triphosphate

Our muscles can produce ATP by which pathways - ANSWER ATP/CP, Glycolytic, Oxidative pathway

BMR stands for - ANSWER Basal metabolic rate

The primary fuel during endurance exercise is - ANSWER Fatty acids

The ATP/CP pathway is sufficient for over four minutes of ATP Production (T/F) - ANSWER False

Non-oxidative glycolysis is reliable for _ minutes of ATP production - ANSWER 2

Catabolism and anabolism are the two phases of metabolism (T/F) - ANSWER True

Excretion is one function of the digestive system (T/F) - ANSWER True

The nervous system is made up of the - ANSWER Peripheral and Central nervous system

Issa Study Guide

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