

ISSA Final exam section 2

51. Metabolism can be categorized in the following phases

- A. ☐ catabolism
- B. ☐ myotabolism
- C. ☐ anabolism
- D. ☒ A and C
- E. ☐ B and C
- F. ☐ A and B

52. BMR stands for

- A. ☐ basic memory retention
- B. ☒ basal metabolic rate
- C. ☐ bregmatic myofascial release
- D. ☐ none of these

53. The primary (not initial) fuel during endurance exercise is

- A. ☐ liver glycogen
- B. ☐ muscle glycogen
- C. ☒ fatty acids
- D. ☐ none of these

54. The human body consists of

- A. ☐ chemicals
- B. ☐ cells
- C. ☐ tissues
- D. ☐ none of these
- E. ☒ all of these

55. The main purpose of the digestive system is

- A. ☒ the breakdown of foods and waste elimination
- B. ☐ to supply oxygen and eliminate carbon dioxide
- C. ☐ reproduction and maintenance of sexual characteristics
- D. ☐ none of these

56. The average human adult skeleton has

- A. ☐ 80 bones
- B. ☐ 126 bones
- C. ☒ 206 bones
- D. ☐ over 400 bones
- E. ☐ none of these

57. The points of muscle attachment are known as the

- A. ☐ insertion
- B. ☐ origin
- C. ☐ sesamoid
- D. ☒ A and B

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Rachel Sandford



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