

ISSA Personal Training Final Exam questions and answers 100% verified.

The heart and blood vessels are the components of which human organ system? - correct answers. The circulatory system

Blood vessels are comprised of which type of muscle tissue? - correct answers. Smooth muscle

Which blood vessels carry blood away from heart? - correct answers. Arteries

Which heart chamber receives deoxygenated blood from the body? - correct answers. Right atrium

During the cardiac cycle, what is the name of the contraction phase of the heartbeat? - correct answers. Systole

During exercise, which organ system regulates fluid volume and pressure in body tissues? - correct answers. The lymphatic system

What is the process of external respiration? - correct answers. The exchange of gases between the lungs and blood in the lungs

Which endocrine hormone promotes the breakdown of protein in muscle cells? - correct answers. Cortisol

Issa Personal Training Exam Answers

Michal Rosen-Zvi



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