

INTERNATIONAL SPORTS SCIENCES ASSOCIATION (ISSA) BODYBUILDING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What is one way visualization can be used in preparation for competition?**
 - A. To memorize rules and regulations
 - B. To mentally rehearse performance scenarios
 - C. To form team strategies
 - D. To develop dietary plans
- 2. When a prime mover muscle contracts, what happens to the opposite muscle?**
 - A. It lengthens
 - B. It remains inactive
 - C. It strengthens
 - D. It relaxes
- 3. What effect has soy protein been linked to regarding testosterone levels?**
 - A. Increased testosterone levels
 - B. No effect on testosterone levels
 - C. Lower testosterone levels
 - D. Fluctuating testosterone levels
- 4. What type of training includes exercises like sled drags, farmer's walk, and tire flips?**
 - A. CrossFit
 - B. Strongman
 - C. Aerobic conditioning
 - D. Bodybuilding
- 5. Approximately how many calories can kettlebell training burn in one hour?**
 - A. 600
 - B. 1200
 - C. 800
 - D. 400

- 6. Muscles are connected to bones by which of the following structures?**
- A. Ligaments
 - B. Tendons
 - C. Cartilage
 - D. Fascia
- 7. What is the term used to describe a decrease in the angle between two body segments?**
- A. Extension
 - B. Abduction
 - C. Flexion
 - D. Rotation
- 8. What effect does performing dips with a forward lean and elbows out have on the pectorals compared to a more upright posture?**
- A. It reduces stress on the pectorals
 - B. It places equal stress on the pectorals
 - C. It places more stress on the pectorals
 - D. It targets the triceps more effectively
- 9. What is the main focus of deload workouts?**
- A. High-intensity training
 - B. Technique workouts
 - C. Maximal strength
 - D. Increased volume training
- 10. Which type of muscle fibers typically have a quick contraction and are more suited for short bursts of strength?**
- A. Slow twitch fibers
 - B. Intermediate fibers
 - C. Fast twitch fibers
 - D. Type I fibers

Answers

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1. B
2. D
3. C
4. B
5. B
6. B
7. C
8. C
9. B
10. C

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Explanations

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1. What is one way visualization can be used in preparation for competition?

- A. To memorize rules and regulations
- B. To mentally rehearse performance scenarios**
- C. To form team strategies
- D. To develop dietary plans

Visualization is a powerful mental training technique that athletes use to enhance their performance by mentally rehearsing specific scenarios and actions. By vividly imagining themselves successfully performing elements of their routine or competition, athletes can improve their confidence, reduce anxiety, and enhance muscle memory. This mental rehearsal allows them to visualize not just the outcomes but the process of execution, promoting a positive mindset leading into the competition. In the context of competition, this method can help athletes prepare for a range of situations they might encounter, from executing their routines to dealing with unforeseen challenges. Visualization supports various aspects of performance, such as maintaining focus and managing stress, ultimately contributing to better performance outcomes on competition day. While memorizing rules, forming strategies, and developing dietary plans are all crucial components of an athlete's preparation, they do not leverage the mental imagery aspect of visualization in the same way.

2. When a prime mover muscle contracts, what happens to the opposite muscle?

- A. It lengthens
- B. It remains inactive
- C. It strengthens
- D. It relaxes**

When a prime mover muscle contracts, the opposite muscle, known as the antagonist, typically relaxes. This phenomenon is part of the reciprocal inhibition mechanism, where the action of one muscle (the prime mover) leads to the relaxation of another muscle that opposes its action. For example, when the biceps contract to flex the elbow, the triceps muscle, which extends the elbow, must relax to allow the movement to occur smoothly. This coordinated action ensures that movements can be executed efficiently, avoiding any potential for injury or discomfort.

3. What effect has soy protein been linked to regarding testosterone levels?

- A. Increased testosterone levels
- B. No effect on testosterone levels
- C. Lower testosterone levels**
- D. Fluctuating testosterone levels

Soy protein has been linked to lower testosterone levels, and this is supported by various studies that have examined the effect of phytoestrogens, particularly isoflavones found in soy, on hormone levels. Isoflavones can mimic estrogen in the body, which may lead to a hormonal balance that could suppress testosterone production in men. Some research indicates that higher soy protein intake can correlate with reduced testosterone levels, which is why this option is considered correct. It's important to recognize the nuances in the research surrounding soy protein and its hormonal effects. While some studies show a significant impact, others may suggest minimal or no effect, leading to ongoing debates within the scientific community regarding the effects of soy on testosterone levels. The overall consensus leans towards soy having the potential to lower testosterone rather than increasing or causing fluctuations in its levels. The other options present outcomes that are not widely supported by the current body of research, making the choice of lower testosterone levels the most accurate representation of what soy protein consumption can influence in regards to testosterone.

4. What type of training includes exercises like sled drags, farmer's walk, and tire flips?

- A. CrossFit
- B. Strongman**
- C. Aerobic conditioning
- D. Bodybuilding

The type of training that includes exercises like sled drags, farmer's walk, and tire flips is Strongman training. This training focuses on functional strength and endurance through heavy and often unconventional lifting exercises that simulate real-world challenges. Sled drags are excellent for building leg strength and improving cardiovascular conditioning, as they require both power and stamina. The farmer's walk is a simple yet effective exercise that enhances grip strength, core stability, and overall functional strength by requiring the lifter to carry heavy weights over a distance. Tire flips engage multiple muscle groups, emphasizing not only strength but also explosive power and coordination, similar to the demands placed on athletes in various sports. These movements require significant strength, technique, and resilience, making them a hallmark of Strongman training. While CrossFit may include some of these exercises as part of its varied workouts, Strongman specifically emphasizes competition-style events that revolve around heavy, functional movements. Aerobic conditioning and bodybuilding, on the other hand, focus more on specific fitness goals, such as cardiovascular endurance and muscle hypertrophy, respectively, rather than the strength-based, multi-modal approach seen in Strongman training.

5. Approximately how many calories can kettlebell training burn in one hour?

- A. 600
- B. 1200**
- C. 800
- D. 400

Kettlebell training is a highly effective form of exercise that combines strength training and cardiovascular conditioning, which allows it to burn a significant number of calories during a workout. While estimates can vary greatly depending on factors such as the intensity of the workout, individual fitness levels, and body weight, research generally indicates that high-intensity kettlebell training can lead to calorie burns in the range of 800 calories or more per hour. In many cases, averages for vigorous kettlebell workouts are often cited around 600 to 800 calories, but for individuals engaging in particularly intense sessions or for those with higher body weights, calorie expenditure can reach up to 1200 calories. However, 1200 calories would typically be reserved for those in exceptional physical condition or performing at the upper echelons of intensity. When evaluating the choices, while 800 might be a very reasonable estimate for many individuals, the upper end of 1200 is less common for most workouts. Therefore, while the correct range can be addressed with a target of around 800 for a strong kettlebell session in line with common estimates, it's understood that individual results may vary widely based on the stated factors.

6. Muscles are connected to bones by which of the following structures?

- A. Ligaments
- B. Tendons**
- C. Cartilage
- D. Fascia

Muscles are connected to bones by tendons, which are strong, fibrous connective tissues. Tendons serve as the bridge between muscles and bones, allowing for the transfer of force generated by muscle contraction to the bones themselves, facilitating movement at the joints. When a muscle contracts, it pulls on the tendon, which in turn pulls on the bone, resulting in movement. Tendons are specifically designed to handle the tensile forces produced during muscle contractions, making them crucial for the overall function of the musculoskeletal system. They not only help in movement but also stabilize joints and assist in the proper alignment of bones during various activities. In contrast, ligaments connect bones to other bones, providing joint stability, while cartilage serves as a cushioning material at joints and allows for smooth movement between bones. Fascia, on the other hand, is a connective tissue that encloses muscles and separates them from each other, but it does not connect muscles to bones. Understanding these distinctions emphasizes the unique role of tendons in the biomechanics of movement.

7. What is the term used to describe a decrease in the angle between two body segments?

- A. Extension
- B. Abduction
- C. Flexion**
- D. Rotation

The term that describes a decrease in the angle between two body segments is flexion. When flexion occurs, one body part moves closer to another, leading to a reduction in the angle at the joint between them. This movement is common in various exercises and daily activities, such as bending the elbow or knee. For instance, when performing a bicep curl, as the forearm is lifted towards the shoulder, the angle at the elbow decreases, exemplifying flexion. This is a fundamental movement pattern that is vital in many athletic and functional movements, making it an essential concept in bodybuilding and fitness. Understanding flexion allows trainers and athletes to optimize performance and target specific muscle groups effectively.

8. What effect does performing dips with a forward lean and elbows out have on the pectorals compared to a more upright posture?

- A. It reduces stress on the pectorals
- B. It places equal stress on the pectorals
- C. It places more stress on the pectorals**
- D. It targets the triceps more effectively

Performing dips with a forward lean and elbows out significantly emphasizes the pectoral muscles. This variation alters the angle of the movement, allowing for greater activation of the chest compared to an upright posture. When leaning forward and flaring the elbows out, the torso creates a more favorable position for the pectorals to engage as the body descends and ascends through the dip movement. This positioning increases the demand on the chest muscles due to the mechanics of the shoulder joint and the angle of resistance. As the upper body leans forward, the stretch on the pectoral muscles at the bottom of the dip is enhanced, leading to higher muscle engagement throughout the exercise. Ultimately, this forward lean allows for a greater focus on the pectorals, making it an effective way to prioritize chest development during dips.

9. What is the main focus of deload workouts?

- A. High-intensity training
- B. Technique workouts**
- C. Maximal strength
- D. Increased volume training

Deload workouts are primarily designed to allow the body to recover while still engaging in physical activity, and a key component of this process is focusing on technique. During a deload, athletes reduce the intensity and volume of their workouts, which provides a valuable opportunity to concentrate on proper form and movement mechanics. This emphasis on technique can help prevent injuries, correct imbalances, and enhance overall performance in subsequent training cycles. By focusing on technique, weightlifters and bodybuilders can refine their skills and ensure that when they return to high-intensity training, they are doing so with better proficiency and safety. While high-intensity training, maximal strength work, and increased volume training are critical components of many athletes' training regimens, they do not align with the main goal of a deload, which is primarily about recovery and technique improvement. During a deload, the focus shifts away from pushing limits and toward ensuring that athletes are well-prepared for future challenges.

10. Which type of muscle fibers typically have a quick contraction and are more suited for short bursts of strength?

- A. Slow twitch fibers
- B. Intermediate fibers
- C. Fast twitch fibers**
- D. Type I fibers

Fast twitch fibers, also known as Type II fibers, are specialized for rapid and powerful contractions, making them ideal for activities that require short bursts of strength, such as sprinting or weightlifting. These fibers can generate great amounts of force in a short period, which is key for explosive movements. They have a lower oxidative capacity compared to slow twitch fibers, meaning they rely more on anaerobic pathways for energy production, allowing them to perform effectively during high-intensity efforts but tiring more quickly. Their structure is characterized by a larger diameter and a higher number of myofibrils, which contribute to their ability to generate force. In contrast, slow twitch fibers are designed for endurance activities with a focus on sustained, lower-intensity efforts due to their efficient oxygen use and slower contraction capabilities. Intermediate fibers serve as a bridge between the two, possessing qualities of both fast and slow twitch fibers but are not as specialized as fast twitch fibers for short, powerful activities.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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