

# International Sports Sciences Association (ISSA) Corrective Exercise Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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

- 1. What is the name of the area, typically between two neurons or a neuron and gland, where electrical or chemical signals are transmitted?**
  - A. Axon terminal**
  - B. Synapse**
  - C. Dendritic spine**
  - D. Neuron junction**
- 2. Instructing a client to "squeeze the glutes" at the top of a deadlift is an example of what type of cue?**
  - A. External**
  - B. Visual**
  - C. Internal**
  - D. Tactile**
- 3. What is the purpose of having your client in the hip hinge posture during a lateral step or monster walk?**
  - A. To challenge balance**
  - B. To give the glutes a more effective line of pull**
  - C. To improve flexibility of the hips**
  - D. To enhance cardiovascular endurance**
- 4. What is one important function of sleep for the brain?**
  - A. Consolidate memory**
  - B. Allow CSF to flush out waste products**
  - C. Enhance sensory perception**
  - D. Awaken motor pathways**
- 5. Which exercise would best activate the gluteus medius?**
  - A. Standing calf raise**
  - B. Side leg raises**
  - C. Hamstring curls**
  - D. Tricep dips**

- 6. Which neurotransmitter is released at the neuromuscular junction?**
- A. Dopamine**
  - B. Serotonin**
  - C. Adenosine triphosphate**
  - D. Acetylcholine**
- 7. Which of the following is a benefit of activating the hips' external rotators and abductors?**
- A. Increased tension in the IT band**
  - B. Enhanced core stability**
  - C. Decreased tension in the IT band**
  - D. Improved hip flexor strength**
- 8. What does it indicate when an outcome measure has been shown to be reliable?**
- A. It is expensive to use**
  - B. It is useful in a variety of populations**
  - C. It is only applicable to one population**
  - D. It is subjective in nature**
- 9. What is the name of the upper body compensations identified by Janda associated with forward-head, slumped posture?**
- A. Lower-crossed syndrome**
  - B. Upper-crossed syndrome**
  - C. Neck strain syndrome**
  - D. Postural imbalance syndrome**
- 10. How many bones are in the human body?**
- A. 206**
  - B. 205**
  - C. 201**
  - D. 210**



## **Answers**

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

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## **Explanations**

**1. What is the name of the area, typically between two neurons or a neuron and gland, where electrical or chemical signals are transmitted?**

**A. Axon terminal**

**B. Synapse**

**C. Dendritic spine**

**D. Neuron junction**

The area where electrical or chemical signals are transmitted between two neurons or between a neuron and a gland is called the synapse. This specialized junction allows for communication between cells. When an electrical signal, known as an action potential, reaches the axon terminal of a neuron, it triggers the release of neurotransmitters into the synaptic cleft, the small gap between neurons. These neurotransmitters then bind to receptors on the adjacent neuron's membrane, facilitating the transfer of the signal. Understanding the role of the synapse is crucial in the study of neurobiology and corrective exercise, as it highlights how signals are sent and received in the nervous system, impacting muscle function and coordination. The other terms listed refer to specific components or structures within the neuronal framework, but they do not denote the communication area itself, which is fundamentally characterized by its function in signal transmission.

**2. Instructing a client to "squeeze the glutes" at the top of a deadlift is an example of what type of cue?**

**A. External**

**B. Visual**

**C. Internal**

**D. Tactile**

Instructing a client to "squeeze the glutes" at the top of a deadlift is an example of an internal cue because it directs the client's attention to a specific body part and its associated action during the movement. Internal cues focus on the mechanics of how the body should perform through specific muscle engagement. In this case, the instruction emphasizes the contraction of the glute muscles, prompting the client to concentrate on that particular movement and muscle activation, which can enhance their performance and help them understand the proper mechanics of the deadlift. Utilizing internal cues can be especially effective for individuals who are developing body awareness and learning specific muscle control. However, this method may not always be conducive for every client, as some may respond better to external cues that focus on the outcome of the movement instead.

**3. What is the purpose of having your client in the hip hinge posture during a lateral step or monster walk?**

- A. To challenge balance**
- B. To give the glutes a more effective line of pull**
- C. To improve flexibility of the hips**
- D. To enhance cardiovascular endurance**

The purpose of having your client in the hip hinge posture during a lateral step or monster walk is to give the glutes a more effective line of pull. This positioning optimizes the engagement of the gluteal muscles, allowing them to activate more fully during the movement. The hip hinge position emphasizes the use of the posterior chain, which includes the glutes, hamstrings, and lower back. By maintaining this posture, clients can focus on proper biomechanics, ensuring that the glutes are doing the majority of the work as they perform lateral movements. This can lead to improved strength and stability in the hips, which is essential for functional movements and injury prevention. The other options do not accurately reflect the primary objective of achieving a beneficial gluteal contraction and effective movement mechanics during these exercises. While challenges to balance, flexibility, and cardiovascular endurance may occur in different contexts or variations of exercise, the key focus with the hip hinge in this scenario is specifically on improving the line of pull for the glutes.

**4. What is one important function of sleep for the brain?**

- A. Consolidate memory**
- B. Allow CSF to flush out waste products**
- C. Enhance sensory perception**
- D. Awaken motor pathways**

One important function of sleep for the brain is to allow cerebrospinal fluid (CSF) to flush out waste products. During sleep, the brain experiences a unique state that facilitates the removal of neurotoxic waste accumulated during wakefulness. This process is crucial for maintaining proper brain function and preventing neurodegenerative diseases. The CSF circulates between brain cells more effectively during sleep, helping to cleanse the brain of metabolites and toxins such as beta-amyloid, which are associated with conditions like Alzheimer's disease. This detoxification process underscores the vital role sleep plays in cognitive health and overall neurological wellbeing.

**5. Which exercise would best activate the gluteus medius?**

- A. Standing calf raise
- B. Side leg raises**
- C. Hamstring curls
- D. Tricep dips

The side leg raises are particularly effective for activating the gluteus medius because this muscle is primarily responsible for hip abduction and stabilization during unilateral movements. When performing side leg raises, the gluteus medius is engaged to lift the leg away from the body while maintaining pelvic stability. This exercise specifically targets the lateral aspect of the hip, maximizing the activation and strengthening of the gluteus medius muscle. In contrast, other exercises provided do not focus on the gluteus medius. Standing calf raises primarily target the calf muscles; hamstring curls focus on the hamstrings; and tricep dips emphasize the muscles of the upper arms and shoulders, none of which are aligned with the activation of the gluteus medius. Therefore, side leg raises are the optimal choice for effectively engaging this specific muscle group.

**6. Which neurotransmitter is released at the neuromuscular junction?**

- A. Dopamine
- B. Serotonin
- C. Adenosine triphosphate
- D. Acetylcholine**

The neurotransmitter that is released at the neuromuscular junction is acetylcholine. This specialized junction is where motor neurons communicate with muscle fibers, enabling muscle contraction. When a nerve impulse reaches the end of a motor neuron, it triggers the release of acetylcholine from vesicles into the synaptic cleft, the space between the neuron and the muscle cell. Acetylcholine binds to receptors on the motor end plate of the muscle fiber, leading to depolarization of the muscle membrane and ultimately resulting in muscle contraction. This process is critical for voluntary muscle control and movement, highlighting the essential role of acetylcholine in neuromuscular transmission. In contrast, other neurotransmitters listed, such as dopamine and serotonin, primarily function in the central nervous system and are involved in mood regulation, reward pathways, and other neurological processes, but are not involved in muscle contraction at the neuromuscular junction. Adenosine triphosphate (ATP) is crucial for energy transfer in cellular processes but does not serve as a neurotransmitter in this context. Thus, acetylcholine is specifically the key neurotransmitter that facilitates communication between the nervous system and skeletal muscles at the neuromuscular junction.

**7. Which of the following is a benefit of activating the hips' external rotators and abductors?**

**A. Increased tension in the IT band**

**B. Enhanced core stability**

**C. Decreased tension in the IT band**

**D. Improved hip flexor strength**

Activating the hips' external rotators and abductors is beneficial because it helps to decrease tension in the iliotibial (IT) band. When the external rotators and abductors are appropriately engaged, they facilitate better alignment and movement patterns in the hip, which can relieve excessive strain on the IT band. This tension often arises from poor mechanics or dysfunction in the hip and related muscles, leading to conditions such as IT band syndrome. By working to engage and strengthen these external rotators and abductors, one can improve hip function and mechanics, thus mitigating issues that lead to tightness and discomfort in the IT band. This approach recognizes the interrelationship between muscle function and potential overuse injuries, highlighting the importance of balance among the hip musculature for overall joint health. In contrast, increasing tension in the IT band or improving hip flexor strength would not address the underlying issue of tightness in the IT band and may even exacerbate problems. While enhanced core stability is important for overall movement and might be an indirect benefit of properly functioning hips, it is not the primary outcome associated specifically with activating the external rotators and abductors in relation to the IT band.

**8. What does it indicate when an outcome measure has been shown to be reliable?**

**A. It is expensive to use**

**B. It is useful in a variety of populations**

**C. It is only applicable to one population**

**D. It is subjective in nature**

When an outcome measure has been shown to be reliable, it indicates that the measure consistently produces the same results under the same conditions. This consistency is crucial for the measure to be useful across different contexts and populations. Reliability suggests that if a measurement technique is applied to various groups with similar characteristics, it will yield comparable results. Therefore, a reliable measure is beneficial in a variety of populations as it ensures that the findings are valid and can be generalized across different demographics or conditions. In contrast, the other options do not accurately reflect the implications of reliability. Options relating to expense, applicability to only one population, or subjectivity do not derive from the concept of reliability but rather pertain to other aspects of measurement tools and their applications.

**9. What is the name of the upper body compensations identified by Janda associated with forward-head, slumped posture?**

- A. Lower-crossed syndrome**
- B. Upper-crossed syndrome**
- C. Neck strain syndrome**
- D. Postural imbalance syndrome**

The term that describes the upper body compensations associated with forward-head, slumped posture is "Upper-crossed syndrome." This syndrome is characterized by a specific pattern of muscle imbalances in the upper body, particularly involving the neck and shoulders. In upper-crossed syndrome, there is tightness in certain muscles, such as the pectoralis major and upper trapezius, and weakness in others, including the deep neck flexors and lower trapezius. This imbalance leads to an altered posture where the head juts forward and the shoulders round forward. Recognizing and addressing this syndrome is essential in corrective exercise practices, as it helps to improve posture, reduce discomfort, and enhance overall function. Other options like lower-crossed syndrome pertain specifically to imbalances in the lower body and do not address the upper body compensations. Techniques that target the upper-crossed syndrome include strengthening the weak muscles and stretching the tight muscles, which can improve posture and relieve tension in the areas affected by the imbalances of this specific condition.

**10. How many bones are in the human body?**

- A. 206**
- B. 205**
- C. 201**
- D. 210**

The human body typically has 206 bones in adulthood. This number is a result of the fusion of certain bones that occurs during growth and development. Infants are born with approximately 270 bones, many of which fuse together to form the 206 bones found in adults. The skeleton is categorized into two main parts: the axial skeleton, which includes the skull, vertebral column, and rib cage, and the appendicular skeleton, which comprises the limbs and pelvic girdle. The accurate knowledge of bone count is crucial in areas such as anatomy and physical therapy, where understanding the structure and function of the body is fundamental to supporting movement and preventing injury.



## 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](mailto:hello@examzify.com).**

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

**<https://issa-correctiveexercise.examzify.com>**

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