

# INTERNATIONAL SPORTS SCIENCES ASSOCIATION (ISSA) CORRECTIVE EXERCISE PRACTICE TEST (SAMPLE)

## STUDY GUIDE



*Prepare with structure. Pass with confidence*



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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 a typical outcome of poor activation of the deeper core muscles?**
  - A. Enhanced balance
  - B. Improved posture
  - C. Increased risk of injury
  - D. Greater muscle endurance
- 2. What is the most common compensation seen during the sphinx with reach drill?**
  - A. Shoulder shrug on the side of the supporting arm
  - B. Lifting the hips too high
  - C. Overextending the lower back
  - D. Neck flexion
- 3. What is a common mistake people make while performing the quadriceps foam roll drill?**
  - A. They overextend their backs
  - B. They contract their quadriceps
  - C. They roll too quickly
  - D. They keep their legs straight
- 4. Which of the following is not an external rotator of the glenohumeral joint?**
  - A. Teres minor
  - B. Infraspinatus
  - C. Latissimus dorsi
  - D. Supraspinatus
- 5. Which term describes a position that's toward the top of the head?**
  - A. Cranial
  - B. Caudal
  - C. Distal
  - D. Inferior

6. Which of the following is closest to the estimated number of muscles in the human body?
- A. 300
  - B. 500
  - C. 650
  - D. 800
7. What aspect of performance is assessed through the capability of muscle spindles?
- A. Strength of contraction
  - B. Endurance level
  - C. Length of muscle
  - D. Power output
8. Which of the following muscles extends the big toe?
- A. Flexor hallucis longus
  - B. Abductor hallucis
  - C. Extensor hallucis longus
  - D. Peroneus longus
9. Which is the largest joint in the human body?
- A. Elbow
  - B. Ankle
  - C. Wrist
  - D. Knee
10. What is the primary reason behind the need for adequate dorsiflexion in functional movements?
- A. To increase power output
  - B. To maintain proper joint mechanics
  - C. To enhance muscular strength
  - D. To promote flexibility

## **Answers**

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

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## **Explanations**

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## 1. What is a typical outcome of poor activation of the deeper core muscles?

- A. Enhanced balance
- B. Improved posture
- C. Increased risk of injury**
- D. Greater muscle endurance

*The relationship between the activation of deeper core muscles and overall physical stability is crucial. When these deeper core muscles, such as the transverse abdominis and multifidus, are not properly activated, it can lead to a lack of support for the spine and pelvis. This deficiency in core stability can result in an increased risk of injury during various physical activities. The deeper core muscles play an essential role in maintaining posture and proper movement mechanics; thus, weak activation can lead to compensations elsewhere in the body, which may predispose one to strains, sprains, and overuse injuries. Consequently, the inability to adequately engage these core muscles undermines the body's ability to handle stress and force safely, ultimately heightening the risk of injury.*

## 2. What is the most common compensation seen during the sphinx with reach drill?

- A. Shoulder shrug on the side of the supporting arm**
- B. Lifting the hips too high
- C. Overextending the lower back
- D. Neck flexion

*The most common compensation observed during the sphinx with reach drill is shoulder shrug on the side of the supporting arm. This compensation typically occurs due to a lack of stability and control in the shoulder girdle, which leads the individual to elevate the shoulder as a means of bracing and stabilizing the upper body. When participants perform the sphinx position, their focus must be on keeping the shoulder blades retracted and down to minimize excessive elevation. The shoulder shrug could indicate a functional weakness or lack of proper muscle activation in the muscles surrounding the shoulder, leading to compensatory movement patterns. This compensation can impact the overall effectiveness of the drill as it can cause misalignment in the spine and reduce the engagement of the core muscles, which are crucial for maintaining stability during the exercise. It is important for practitioners and trainers to correct this compensation to promote proper movement mechanics and ensure the drill achieves its intended purpose of enhancing core stability and strengthening without risking injury.*

### 3. What is a common mistake people make while performing the quadriceps foam roll drill?

- A. They overextend their backs
- B. They contract their quadriceps**
- C. They roll too quickly
- D. They keep their legs straight

The most common mistake during the quadriceps foam roll drill is the contraction of the quadriceps muscles while rolling. When individuals attempt to foam roll the quadriceps, they may instinctively engage the muscle they are trying to release. This contraction can counteract the effects of the foam rolling process, which aims to alleviate muscle tightness and improve flexibility by applying pressure to the muscle fibers and fascia. When the quadriceps are contracted, the muscle becomes tense and less receptive to the pressure from the foam roller, making it difficult to achieve the intended benefits of myofascial release. Instead, the focus should be on relaxing the targeted muscle group to allow the foam roller to effectively break up tightness and knots. Other choices highlight valid concerns that can influence foam rolling effectiveness as well. However, they do not directly address the fundamental rationale behind the need to keep the targeted muscle relaxed during the rolling process, which is critical for achieving optimal results in muscle tension relief and recovery.

### 4. Which of the following is not an external rotator of the glenohumeral joint?

- A. Teres minor
- B. Infraspinatus
- C. Latissimus dorsi**
- D. Supraspinatus

The latissimus dorsi is not considered an external rotator of the glenohumeral joint. This muscle primarily acts to adduct, extend, and internally rotate the humerus. While it does play a significant role in shoulder movements, its primary functions do not include external rotation. In contrast, the teres minor and infraspinatus are both key external rotators of the shoulder joint, as they are part of the rotator cuff muscles specifically designed to facilitate that movement. The supraspinatus, although primarily known for initiating arm abduction, can also aid in stabilizing the shoulder and has a minor role in external rotation. Thus, the inclusion of the latissimus dorsi as an external rotator is incorrect due to its primary muscle actions that differ from those of the other options presented.

### 5. Which term describes a position that's toward the top of the head?

- A. Cranial**
- B. Caudal
- C. Distal
- D. Inferior

The term that describes a position that's toward the top of the head is "cranial." In anatomical terminology, "cranial" refers to structures that are located higher or closer to the head compared to other structures. This term is often used in contrast to terms like "caudal," which refers to areas closer to the lower end of the body, or "inferior," which denotes positions that are lower or away from the head. Understanding the anatomical orientation is crucial for accurately describing the locations and relationships of structures within the body. "Cranial" is derived from "cranium," which is the part of the skull that envelops the brain, clearly linking it to a higher anatomical position. This helps professionals in fields such as anatomy, medicine, and sports sciences effectively communicate about body positions and movements.

**6. Which of the following is closest to the estimated number of muscles in the human body?**

- A. 300
- B. 500
- C. 650**
- D. 800

*The estimated number of muscles in the human body is closest to 650. This figure is derived from the human muscular system's complexity, which includes both the major skeletal muscles that are commonly recognized and many smaller muscles that play roles in fine motor control and other functions. The muscular system is comprised of approximately 640 to 750 muscles in adults, depending on various factors, such as how one categorizes certain muscles (for example, individual muscles versus muscle groups) and anatomical differences among individuals. This total encompasses muscles of various types, including skeletal, smooth, and cardiac muscle, but the focus typically on skeletal muscles leads to the most widely accepted estimate of around 650. The figures associated with the other choices do not align as closely with this understanding, as they are either too low or too high given this range. Recognizing the significance of the 650 estimate aids in further discussions of muscle function, biomechanics, and corrective exercise practices in the context of overall human physiology.*

**7. What aspect of performance is assessed through the capability of muscle spindles?**

- A. Strength of contraction
- B. Endurance level
- C. Length of muscle**
- D. Power output

*The capability of muscle spindles is primarily associated with the assessment of the length of muscle. Muscle spindles are sensory receptors located within the belly of muscles and are responsible for detecting changes in muscle length and the rate of that change. They play a crucial role in the stretch reflex mechanism, helping to regulate muscle contraction in response to stretch. When a muscle is stretched, the muscle spindles are activated and send signals to the central nervous system, which can then initiate a reflexive response to contract the muscle, thereby protecting it from overstretching and assisting in maintaining posture and balance. This feedback loop helps ensure that muscles can respond appropriately to various lengths during movement, making the assessment of muscle length a key function related to muscle spindle activity. The other options, such as strength of contraction, endurance level, and power output, involve more complex assessments that are influenced by muscle fiber types, overall muscle condition, and energy systems rather than solely by the proprioceptive feedback from muscle spindles. Understanding the primary role of muscle spindles in detecting muscle length provides clarity on why that aspect is the most relevant to their function.*

## 8. Which of the following muscles extends the big toe?

- A. Flexor hallucis longus
- B. Abductor hallucis
- C. Extensor hallucis longus**
- D. Peroneus longus

The muscle that extends the big toe is the extensor hallucis longus. This muscle is located in the anterior compartment of the leg and is specifically responsible for extending the first digit, or big toe, at both the metatarsophalangeal and interphalangeal joints. It plays a crucial role during activities such as walking, running, and jumping, as it helps to lift the toe off the ground, contributing to proper foot mechanics and overall locomotion. In contrast, the flexor hallucis longus is primarily involved in flexing the big toe rather than extending it, and the abductor hallucis is responsible for abducting (moving away from the midline) the big toe. The peroneus longus assists with the eversion of the foot and plays a role in plantarflexion but does not have a direct function in extending the big toe.

## 9. Which is the largest joint in the human body?

- A. Elbow
- B. Ankle
- C. Wrist
- D. Knee**

The knee is recognized as the largest joint in the human body due to its anatomical structure and functional capacity. It is classified as a hinge joint, primarily allowing flexion and extension, and can also accommodate slight rotational movement when in a flexed position. The knee joint comprises three main bones – the femur (thigh bone), tibia (shin bone), and patella (kneecap) – which are held together by a complex system of ligaments and tendons that contribute to its stability and mobility. In addition to its size, the knee joint bears the majority of the body's weight during standing, walking, running, and other activities, which emphasizes its importance in daily movements and athletic performance. This significant role in the body's mechanics, combined with its larger articular surface area compared to other joints, solidifies the knee's status as the largest joint. The other joints listed, such as the elbow, ankle, and wrist, are smaller and while each plays a crucial role in movement and stability, they do not match the knee in terms of size or structural complexity.

## 10. What is the primary reason behind the need for adequate dorsiflexion in functional movements?

- A. To increase power output
- B. To maintain proper joint mechanics**
- C. To enhance muscular strength
- D. To promote flexibility

Adequate dorsiflexion is crucial for maintaining proper joint mechanics, particularly at the ankle, knee, and hip during functional movements such as walking, running, and squatting. When dorsiflexion is limited, it can lead to compensation patterns in the kinetic chain, where other joints or muscles must overwork to accommodate the lack of mobility. This can result in inefficient movement patterns, increased risk of injury, and overall decreased performance. Proper dorsiflexion allows for a greater range of motion in the ankle, promoting optimal alignment and functioning of the lower extremities. This, in turn, helps to distribute forces evenly during activities, reduce the likelihood of joint dysfunction, and enhance overall movement efficiency. Therefore, emphasizing adequate dorsiflexion is essential for ensuring that the body's biomechanics operate smoothly and effectively during various functional tasks.

## 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!

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