

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

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. Which of the following is closest to the estimated number of muscles in the human body?**
 - A. 300
 - B. 500
 - C. 650
 - D. 800

- 2. For a client with excessive anterior pelvic tilt, which phase of the cat-camel movement should be emphasized?**
 - A. The "cat" position
 - B. The "camel" position
 - C. Both positions equally
 - D. No specific phase needed

- 3. Which of the following best describes the primary role of facet joints?**
 - A. To facilitate blood flow in bones
 - B. To connect muscles to bones
 - C. To allow movement between vertebrae
 - D. To support spinal stability

- 4. Which area of the brain receives input from the visual system?**
 - A. Brainstem
 - B. Corpus callosum
 - C. Cortex
 - D. Cerebellum

- 5. In what way can a trainer facilitate a client's understanding of movement?**
 - A. By limiting feedback to only what is wrong
 - B. By providing comprehensive feedback based on performance
 - C. By focusing on only one aspect at a time
 - D. By avoiding making corrections during practice

- 6. Which of the following muscles is not targeted during the posterior shoulder ball roll?**
- A. Teres major
 - B. Infraspinatus
 - C. Supraspinatus
 - D. Rhomboid
- 7. A properly functioning pelvis is important for which of the following?**
- A. Only athletic activities
 - B. Specific rehabilitation exercises
 - C. Virtually any task
 - D. Only high-intensity workouts
- 8. In corrective exercise, what is the primary focus when addressing upper-crossed syndrome?**
- A. Strengthening the scapular retractors
 - B. Stretching the upper trapezius
 - C. Improving flexibility in the hamstrings
 - D. Reinforcing quadriceps strength
- 9. What condition is characterized by a greater than 10° anterior pelvic tilt in females?**
- A. Lower crossed syndrome
 - B. Upper crossed syndrome
 - C. Flat back syndrome
 - D. Excessive lordosis
- 10. When the hamstrings are stiff/short, what compensation occurs at the pelvis?**
- A. Anterior pelvic tilt
 - B. Neutral pelvic position
 - C. Posterior pelvic tilt
 - D. Lateral pelvic shift

Answers

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

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Explanations

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1. 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.

2. For a client with excessive anterior pelvic tilt, which phase of the cat-camel movement should be emphasized?

- A. The "cat" position**
- B. The "camel" position
- C. Both positions equally
- D. No specific phase needed

Emphasizing the "cat" position in the cat-camel movement is particularly beneficial for a client with excessive anterior pelvic tilt. This phase involves rounding the back, tucking the pelvis under, and flexing the spine. By focusing on this position, the client can engage the abdominal muscles and strengthen the posterior chain, including the glutes and hamstrings, which are essential in correcting the excessive anterior pelvic tilt. The cat position effectively promotes posterior pelvic tilt, helping to counteract the forward tilt of the pelvis commonly associated with certain imbalances. This can enhance awareness of pelvic positioning and help the client learn to stabilize the pelvis, which may alleviate discomfort and improve movement patterns over time. It is crucial to build strength and control in this position to foster better alignment and function during other activities. The other phases of the movement may also have their benefits, but they do not specifically target the issues associated with excessive anterior pelvic tilt as effectively as focusing on the "cat" position does.

3. Which of the following best describes the primary role of facet joints?

- A. To facilitate blood flow in bones
- B. To connect muscles to bones
- C. To allow movement between vertebrae**
- D. To support spinal stability

The primary role of facet joints, which are the small joints located between the vertebrae in the spine, is to allow movement between these adjacent vertebrae. They play a crucial role in enabling various types of spinal motion, such as bending and twisting. This movement is essential for maintaining flexibility and mobility throughout the spine. Facet joints help guide and limit the movement of the vertebral column, ensuring that while the spine remains mobile, it also provides necessary support and stability during movement. Their orientation and structure allow for different ranges of movement in different segments of the spine, contributing to the overall function of the spinal column in everyday activities. In contrast, the other options do not accurately capture the primary function of facet joints. While spinal stability and movement are interconnected, the most direct description of facet joint function is their role in enabling movement between the vertebrae.

4. Which area of the brain receives input from the visual system?

- A. Brainstem
- B. Corpus callosum
- C. Cortex**
- D. Cerebellum

The cortex is the correct answer because it is the region of the brain that processes and interprets the information received from the sensory systems, including the visual system. Specifically, the visual cortex, located in the occipital lobe of the brain, is primarily responsible for processing visual information, such as color, shape, motion, and depth. The visual information captured by the eyes is transmitted to the brain via the optic nerve and reaches the visual cortex, where it is then analyzed and integrated into our perception of the environment. This processing is critical for various functions, including recognition and visual memory, enabling us to make sense of what we see. In contrast, other parts of the brain, such as the brainstem, corpus callosum, and cerebellum, serve different functions. The brainstem is responsible for essential life functions such as breathing and heart rate. The corpus callosum is a structure that connects the two hemispheres of the brain, facilitating communication between them. The cerebellum plays a significant role in coordination and balance but is not primarily involved in visual processing.

5. In what way can a trainer facilitate a client's understanding of movement?

- A. By limiting feedback to only what is wrong
- B. By providing comprehensive feedback based on performance**
- C. By focusing on only one aspect at a time
- D. By avoiding making corrections during practice

Providing comprehensive feedback based on performance is essential for enhancing a client's understanding of movement. This type of feedback helps clients recognize both their strengths and areas that need improvement. When trainers offer detailed information on what a client is doing well and where adjustments are necessary, clients can develop a clearer picture of their movement patterns. This holistic approach encourages cognitive awareness and motor learning, enabling clients to understand the mechanics of their movements more thoroughly. When a trainer employs this strategy, clients are more likely to feel supported and engaged in their learning process. They benefit from knowing not just what needs correction, but also what they are executing effectively, which can boost confidence and motivation. By addressing performance comprehensively, trainers help clients build a foundation for making lasting changes and improvements, fostering a deeper understanding of the movements involved in their training.

6. Which of the following muscles is not targeted during the posterior shoulder ball roll?

- A. Teres major
- B. Infraspinatus
- C. Supraspinatus**
- D. Rhomboid

The correct choice identifies the supraspinatus muscle as the one not targeted during the posterior shoulder ball roll. The posterior shoulder ball roll primarily focuses on the muscles involved in posterior shoulder stabilization and rotator cuff function, specifically engaging the teres major, infraspinatus, and rhomboid muscles. The teres major aids in the stabilization of the shoulder joint and is often engaged during movements that involve the retraction and rotation of the shoulder. The infraspinatus, part of the rotator cuff group, plays a critical role in external rotation and stabilization of the humeral head within the glenoid cavity. The rhomboids, located between the scapulae and the spine, assist in retracting the scapulae and therefore are also involved in this exercise. In contrast, the supraspinatus, while being a rotator cuff muscle, is primarily responsible for initiating abduction of the arm and is more involved in movements that lift the arm overhead rather than those that engage the posterior aspect of the shoulder. Therefore, it is not specifically targeted during the posterior shoulder ball roll, making it the correct answer in this context.

7. A properly functioning pelvis is important for which of the following?

- A. Only athletic activities
- B. Specific rehabilitation exercises
- C. Virtually any task**
- D. Only high-intensity workouts

A properly functioning pelvis is crucial for virtually any task because the pelvis serves as a foundational structure in the body that connects the spine to the lower extremities. It plays a vital role in maintaining balance, stability, and proper movement mechanics during various activities, from walking and running to sitting and lifting. When the pelvis is well-aligned and functioning correctly, it allows for efficient movement patterns, reduces the risk of injury, and optimizes performance in both everyday tasks and athletic endeavors. This foundational importance means that the health of the pelvis impacts nearly all physical activities, making it essential for overall functional mobility and quality of life. Thus, the significance of a well-functioning pelvis extends beyond just sports or high-intensity workouts, emphasizing its role in everyday movements and activities.

8. In corrective exercise, what is the primary focus when addressing upper-crossed syndrome?

- A. Strengthening the scapular retractors**
- B. Stretching the upper trapezius
- C. Improving flexibility in the hamstrings
- D. Reinforcing quadriceps strength

When addressing upper-crossed syndrome, the primary focus is on strengthening the scapular retractors. This postural condition typically arises from muscular imbalances characterized by tightness in certain muscles, such as the upper trapezius and pectorals, and weakness in others, particularly the scapular retractors like the rhomboids and lower trapezius. Strengthening the scapular retractors helps to counterbalance the tight anterior muscles, improving scapular positioning and promoting better posture. By focusing on these muscles, corrective exercises aim to enhance the stability and movement efficiency of the shoulder girdle, ultimately reducing discomfort and preventing further issues associated with upper-crossed syndrome. While stretching the upper trapezius is also important in this context, the foundational goal of addressing the muscular imbalance centers on strengthening the weaker muscle groups to restore balance and function. The other options, which include improving hamstring flexibility and reinforcing quadriceps strength, are not directly relevant to addressing the specific muscle imbalances presented in upper-crossed syndrome, making them less applicable in this scenario.

9. What condition is characterized by a greater than 10° anterior pelvic tilt in females?

- A. Lower crossed syndrome
- B. Upper crossed syndrome
- C. Flat back syndrome
- D. Excessive lordosis**

The condition characterized by a greater than 10° anterior pelvic tilt in females is excessive lordosis. This condition refers to an excessive curvature of the lumbar spine, which is often linked to an anterior tilt of the pelvis. When the pelvis tilts forward more than normal, it can increase the curvature in the lower back, leading to pronounced lumbar lordosis. In this scenario, excessive lordosis can manifest in individuals who may have tight hip flexor muscles, weak abdominal muscles, or other muscular imbalances that contribute to the pelvic positioning. This anterior pelvic tilt can affect posture and lead to complications such as lower back pain or discomfort. Understanding excessive lordosis is important for corrective exercise specialists, as it helps in devising strategies to realign and strengthen the appropriate muscle groups to address the imbalance. Knowing how to identify and correct excessive lordosis can lead to improved functional performance and decrease the risk of injury.

10. When the hamstrings are stiff/short, what compensation occurs at the pelvis?

- A. Anterior pelvic tilt
- B. Neutral pelvic position
- C. Posterior pelvic tilt**
- D. Lateral pelvic shift

When the hamstrings are stiff or short, it can lead to a posterior pelvic tilt. This occurs because the hamstrings attach to the ischial tuberosities at the pelvis. When they are shortened, they can exert a pull on the pelvis that causes it to rotate backward. In a posterior pelvic tilt, the pelvis tilts backward, which can flatten the lumbar spine and alter the overall alignment of the pelvis and spine. This compensatory movement aims to mitigate the stiffness or tightness of the hamstrings and can affect how other muscles in the kinetic chain function as they adjust to this altered position. Understanding this relationship is crucial for developing corrective exercise strategies, as addressing hamstring tightness can subsequently restore a more neutral pelvic position and improve overall movement patterns.

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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:

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

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

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