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stands for. fatty acids. chemicals, cells, tissues. catabolism & anabolism. basal metabolic rate.

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choice Section II: 120 multiple choice
Section III: 1 short answer 1 case study
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1. Using the information above, calculate the client's BMI 23.16 2. Calculate the client's BMR. 1865.04 3. Calculate the client's target heart rate at 60% and 80% using the Karvonen formula. THR @ 60% = 131 THR @ 80% = 148 4. Discuss fitness tests or methods of evaluation that should be used to assess ...show more content...

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ISSA Review: Costs, Exam, Salary, How to Become a CPT & More

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