

The 5 secrets (+ 1 Bonus!) for passing the ISSA Exam

1. One of the most crucial elements of ISSA is understanding the method behind programming for clients.

Creating a complete, comprehensive and personalized program is a major emphasis when it comes to the concepts you will be tested on.

The ISSA exam has recently undergone a revamp, replacing the previous format which included full essay based case studies where you'd be required to create full 12-week programs for simulated client scenarios.

Although this is no longer the case, the current exam will still test your ability to program effectively, meaning you still need the technical know-how under your belt.

For this, you must be super familiar with the concepts behind periodization found in unit 15.

2. Related to programming and periodization is having a firm grasp of training principles, these can be found in unit 14 of the official text.

The training principles are laws or guidelines that help you understand how to craft the correct training program for the desired outcomes sought by your client and within the scope of relevant fitness science. Learn these well.

3. An understanding of basic anatomy, physiology, biomechanical and biochemical function forms a large portion of the ISSA exam.

These sorts of questions will test your memory and understanding of the basis of human function, the stepping stone to knowing what to do and how to do it as a personal trainer. For this, you will need to get familiar with the first two chapters (first seven units) of the textbook.

It might sound like quite a huge chunk of info to get into, but if you pace yourself, especially with the Trainer Academy Blueprint, absorbing this stuff will be a piece of cake.

4. Nutrition is a major factor you'll want to get cozy with. ISSA really wants to push nutrition as a core part of proper personal training. Section 5 (unit 17 - 20) is where it's at.
5. Lastly, just so you don't freak out, here's a tip on stuff you shouldn't stress too much about learning.

In the case of the ISSA exam, you need to have First Aid and CPR/AED in order to get certified, but within the exam itself, these concepts aren't a major deal. If you already have your first responder certifications, it will be a walk in the park when these questions come up.

Bonus Tip: Utilize study guides, practice tests and flashcards.

On my website I have a free study guide, practice tests and flashcards for the ISSA PT exam. **You can check them out here (<https://www.ptpioneer.com/study-issa/>).**

A good study guide

A good study guide will help you navigate the huge ISSA PT textbook. Not all of the material that you read out of the textbook will show up on the exam. Knowing what parts to focus on, and which parts to skim over is extremely important. If you try to memorize the whole entire textbook, you are setting yourself up for failure.

Practice exams

Taking multiple different practice exams before you sign up to take the real exam is crucial. I know so many students that have to come to me after they failed asking me what they did wrong. Typically, All of the students had one thing in common. None of them even attempted 1 practice exam to see if they were fully prepared to take the test. If they would have, they would have seen that they were not ready. If you can pass multiple full practice exams with 80% or above, you will know you are ready.

Flashcards (especially spaced repetition)

The flash cards on my website have approximately 100 terms for you to go over. The best way to study flashcards is to use spaced repetition. This helps you focus on your weaker areas of study by showing them more frequently. This saves a lot of time over all when trying to memorize the thousands of terms for the ISSA exam.

The study materials on my website is a good place to start. But, if you want to guarantee that you pass the exam I recommend checking out the study materials from Trainer Academy. They have the best study guide, full practice exams and spaced repetition flashcards. My students that have gone through their program have a 99% pass rate. They even provide an exam pass guarantee. Being a subscriber to PT pioneer, you can save on their ISSA MVP study package by using my personal discount code **PTPSUB** or by **clicking this link.**

Check their website to learn more about their study materials.

Or, check out **my full review of them here.**