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1. ISSA Quiz (Answers).docx - CFT Quiz 1 Unit 1 Metabolism... One Calorie is the energy required to raise 1 gram of water by 1 degree Celsius. The preferred unit in metabolic studies and nutrition labels is the kilocalorie (kcal). Q: The ATP/CP pathway is the primary pathway used for activities lasting two minutes or greater.

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The test says it will take 5 hours however it probably took me a total of 7 or more its True/False with some Multiple choice 2 Case Studies and then you have to write 6 Long Essays on 6 Different Section topics that was probably longest and hardest part. i Agree in some degrees tall ive learned a ton off of IOL and i can always just ask what i need here as well and get a pretty good answer ...

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