

NASM Corrective Exercise Specialist

Exam Solved 100% Correct

Primary objective of corrective exercise specialist - ANSWER-optimize quality movement, enhance performance, injury resistance, movement efficiency and recovery

Corrective exercise continuum - ANSWER-inhibit, lengthen, activate, integrate

Steps in identifying the problem: - ANSWER-perform integrated assessments such as:

- static
- transitional
- dynamic
- mobility

Steps in solving the problem - ANSWER-design phases of the corrective exercise continuum

inhibit, lengthen, activate, integrate

Inhibitory techniques - ANSWER-Corrective exercise techniques used to reduce tension or decrease activity of overactive neuromyofascial tissues in the body.

ex. foam rolling

Lengthening techniques - ANSWER-Corrective exercise techniques used to increase the extensibility, length, and range of motion (ROM) of neuromyofascial tissues in the body.

ex. static stretching, neuromuscular stretching, dynamic stretching

Activation techniques - ANSWER-Corrective exercise techniques used to reeducate or increase activation of underactive tissues.

ex. isolated strength training

Integration techniques - ANSWER-Corrective exercise techniques used to retrain the collective synergistic function of all muscles through functionally progressive movements.

ex. dynamic movement

Regional interdependence model - ANSWER-Assessment and intervention model used by clinicians based on the concept that the site of a patient's primary complaint or symptoms is impacted by dysfunction in remote musculoskeletal regions.

Nasm Corrective Exercise Specialist Exam Questions

Christina Beaudoin



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web guidelines begin by confirming your attendance with details of the program date and time mention essential information such as your contact details should the organizer have to reach you end with good wishes sample letter senders name address line state zip code letter date recipients name address line state zip code

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