

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.

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Pascal Books



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NASM Practice Exam Anthony Daccache, The NASM Practice Exam your ultimate study companion for the Certified Personal Trainer CPT certification This comprehensive practice test is meticulously designed to mirror the structure format and difficulty of the official NASM exam providing you with a realistic simulation of the real test day In this practice exam you ll encounter a wide range of questions covering all six domains of the NASM curriculum including basic and applied sciences client assessment program design exercise technique professional development and more This is your opportunity to not only test your knowledge but also to build confidence and identify your strengths and weaknesses By reviewing your performance you can pinpoint the specific topics that require more attention allowing you to focus your study efforts efficiently This practice exam is an invaluable tool for ensuring you are fully prepared to pass the NASM CPT certification on your first attempt Take the exam now and step closer to a successful and rewarding career in fitness Based on the most current information for the official NASM CPT exam here are the details you can expect Duration The exam is 120 minutes 2 hours long Number of Questions There are 120 questions in total Keep in mind that of the 120 questions 20 are unscored These are questions that NASM is testing for potential use on future exams so they do not count toward your final score

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