
NASM CES 3- Practice Exam 1

What term is used to describe reduced neural drive to an antagonist muscle when an agonist muscle contracts?

Select one:

- a. Cross-bridging
- b. Muscle imbalance
- c. Reciprocal inhibition
- d. Sensorimotor integration - answer
- c. Reciprocal inhibition

Which muscle should be strengthened in a fitness program for a client with a lack of lumbar stabilization?

Select one:

- a. Erector spinae
- b. Rectus abdominis
- c. Multifidus
- d. External obliques - answer
- c. Multifidus

Dysfunction in intrinsic core stabilizers (transverse abdominis and multifidus) can result in which of the following?

Select one:

- a. Increased intersegmental stability.
- b. Reduced force generation during movement.
- c. Reduced ability to transfer forces from the lower extremity to the lumbo-pelvic region.
- d. SIJ instability and low back pain - answer
- d. SIJ instability and low back pain

What term is used to describe how the CNS integrates sensory information with previous experiences?

Select one:

- a. Motor development
- b. Motor behavior
- c. Motor learning
- d. Motor control - answer
- d. Motor control

What is defined as the Human Movement System's relative ability to produce, reduce, and dynamically stabilize forces in all three planes of motion?

Select one:

- a. Movement compensation

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