

Use this study guide with the online course and textbook to review essential knowledge topics and prepare for your exam.

Scope of Practice

Scope of practice – Procedures and actions professionals are permitted to perform within the boundaries of their profession

Given the scope of fitness professionals, it is important to recognize where a client is in their recovery from injury, referring to another professional, as necessary.



Biomechanical and Anatomy Key Terms

Agonist – The prime mover muscle for a given movement pattern or joint action

Antagonist – A muscle that acts in direct opposition to the prime mover

Concentric muscle action – Occurs when a muscle generates force while shortening to accelerate an external load

Eccentric muscle action – Occurs when a muscle generates force while lengthening to decelerate an external load

Isometric muscle action – Occurs when a muscle generates force equal to an external load to hold it in place

Kyphosis – Natural curvature of the thoracic spine toward the back of the body

Length-tension relationship – The resting length of a muscle and the tension the muscle can produce at this resting length

Lordosis – Natural curvature of the lumbar or cervical spine toward the front of the body

Motor behavior – The human movement system's response to internal and external environmental stimuli

Motor control – The study of posture and movements with the involved structures and mechanisms used by the central nervous system to assimilate and integrate sensory information with previous experiences

Motor development – The change in motor behavior over time throughout a person's life span

Motor learning – The utilization of these processes through practice and experience leading to a relatively permanent change in a person's capacity to produce skilled movements

Movement compensation – When the body moves in a suboptimal way in response to kinetic chain dysfunction

Neural drive – The rate and volume of activation signals a muscle receives from the central nervous system.

Neuromuscular efficiency – The ability of the neuromuscular system to allow agonist, antagonists, synergists, and stabilizers to work synergistically to produce, reduce, and dynamically stabilize the Human Movement System in all three planes of motion

Overactive/shortened – Occurs when elevated neural drive causes a muscle to be held in a chronic state of contraction

Proprioception – The cumulative neural input from sensory afferents to the central nervous system

Reciprocal inhibition – When an agonist contracts, its functional antagonist relaxes to allow movement to occur at a joint.

Synergist – Muscles that assist prime movers during functional movement patterns

Stabilizer – Muscles that support or stabilize the body while the prime movers and the synergists perform the movement patterns

Underactive/lengthened – Occurs when inhibited neural drive allows a muscle's functional antagonist to pull it into a chronically elongated state

Nasm Ces Study Guide

SJ Ball



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