

NASM CES Final Exam 50 Questions with Correct Answers 2023

A runner who experiences reoccurring episodes of plantar fasciitis, shin splints and patellar tendonitis is most likely affected by which of the following postural distortion syndromes?

Pronation distortion syndrome

An estimated ACL injuries occur annually in the general U.S. population.

80,000 to 100,000

During an overhead squat you notice an asymmetrical weight shift, which muscles could be underactive?

Gluteus medius on the side of the shift

During an overhead squat you have low back rounds compensation, which muscles could be underactive?

Erector spinae

During the overhead squat assessment, the compensation of knees move inward can be attributed by overactivity of which muscles?

Vastus lateralis

Florence and Henry Kendall addressed postural deviations through the relationship of ?

agonist-antagonist muscle groups

Flexion of the ankle is called

dorsiflexion

For a foot and ankle impairment what muscle should receive SMR?

biceps femoris

If the knees move inward what muscles would receive static stretching?

TFL

If client demonstrates an asymmetric shift which muscles should receive static stretching?

TFL same side

If low back arches which muscles should receive SMR?

Latissimus dorsi

Functionally tightened or overactive muscles accompanying the lower extremity movement impairment syndrome include

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A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the 'Nasm Exam Secrets Test Prep' text.

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Table of Contents Nasm Ces Exam Answers

1. Understanding the eBook Nasm Ces Exam Answers
 - The Rise of Digital Reading Nasm Ces Exam Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Nasm Ces Exam Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nasm Ces Exam Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nasm Ces Exam Answers
 - Personalized Recommendations

- Nasm Ces Exam Answers User Reviews and Ratings
- Nasm Ces Exam Answers and Bestseller Lists
- 5. Accessing Nasm Ces Exam Answers Free and Paid eBooks
 - Nasm Ces Exam Answers Public Domain eBooks
 - Nasm Ces Exam Answers eBook Subscription Services
 - Nasm Ces Exam Answers Budget-Friendly Options
- 6. Navigating Nasm Ces Exam Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Nasm Ces Exam Answers Compatibility with Devices
 - Nasm Ces Exam Answers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nasm Ces Exam Answers
 - Highlighting and Note-Taking Nasm Ces Exam Answers
 - Interactive Elements Nasm Ces Exam Answers
- 8. Staying Engaged with Nasm Ces Exam Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nasm Ces Exam Answers
- 9. Balancing eBooks and Physical Books Nasm Ces Exam Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nasm Ces Exam Answers
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nasm Ces Exam Answers
 - Setting Reading Goals Nasm Ces Exam Answers
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nasm Ces Exam Answers
 - Fact-Checking eBook Content of Nasm Ces Exam Answers

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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