

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

Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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