

## 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

# Nasm Midterm Exam Answers

**Nasm Personal Fitness Training  
Team, Ascencia Test Prep**



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**NASM Personal Trainer Exam Practice Questions** Mometrix Personal Trainer Certification Test Team, 2019 Your 1 Practice Test Resource Mometrix Test Preparation's NASM Personal Trainer Exam Practice Questions are the simplest way to prepare for your National Academy of Sports Medicine Board of Certification Examination Practice is an important part of preparing for a test and improving your chance of success Mometrix practice questions are designed to prepare you for the real test You could know everything that is going to be covered on the test but still perform poorly if you have never worked with NASM practice questions Being familiar with the different types of questions and answer choices that you might see on the official test is a big advantage Another benefit of taking practice tests is that you can measure your performance They help you decide if you need to study and practice more or if you're ready for test day Doing well on a Mometrix practice test helps you gain confidence that you are prepared If you struggle the practice test helps identify areas where you need to work Using our NASM practice test questions allows you to reinforce your strengths and improve your weaknesses Mometrix includes detailed answer explanations for each question It may sound obvious but you need to know which questions you missed and why you missed them This helps you avoid making the same mistakes on the real test That is why our NASM Personal Trainer Exam Practice Questions include answer keys with detailed answer explanations These in-depth answer explanations will help you to better understand any questions that were difficult for you NASM is a registered trademark of the National Academy of Sports Medicine who does not endorse nor is affiliated in any way with the owner of or any content in this product *NASM Personal Trainer Exam Study Guide: NASM Test Review for the National Academy of Sports Medicine Board of Certification Examination* Nasm Exam Secrets Test Prep, 2018-04-12 Includes Practice Test Questions Secrets of the NASM Personal Trainer Exam helps you ace the National Academy of Sports Medicine Board of Certification Examination without weeks and months of endless studying Our comprehensive Secrets of the NASM Personal Trainer Exam study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined Secrets of the NASM Personal Trainer Exam includes The 5 Secret Keys to NASM Personal Trainer Test Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don't Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don't Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice Families A comprehensive review including NASM Personal Trainer Content NASM Personal Trainer Testing Cost Exercise Terminology BMI Males vs Females Respiratory Review MET Review

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**NASM Study Guide 2017-2018** Nasm Personal Fitness Training Team, Ascencia Test Prep, 2017-02-10

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flower orientation the flowers point upward or spread or curve outward flower petal color pink to red white flower petal

length 3 4 5 mm flower shape the flower has an urn shaped corolla constricted at the opening the flower is bell shaped

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general information bulb solitary or clustered applanate globose to cylindric ovoid tunic purple red brown red pale brown red or yellow to pale yellow papery to thinly leathery entire leaves shorter than scape 0 5 2 cm wide terete fistulose



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floral formula and floral diagram google classroom a flower has the following characteristics zygomorphic bracteate gamosepalous calyx with valvate aestivation polypetalous corolla with vexillary aestivation diadelphous stamens basal placentation which of the following floral diagrams represents this flower

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stem underground bulb leaf a cluster of radical leaves emerges from the underground bulb cylindrical and fleshy having sheathy leaf bases with parallel venation inflorescence scapigerous i e the inflorescence axis peduncle arising from the

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the floral formula of allium cepa onion of the liliaceae family is as follows here the symbols represent systematic position of liliaceae kingdom plantae subkingdom tracheobionta super division spermatophyta division magnoliophyta class liliopsida subclass liliidae order liliales family liliaceae features of liliaceae family

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the flowers of allium are described as bowl shaped flowers in morphological terms with hidden nectarines generally they are in under part of the ovary onion flowers are a good source of floral nectar and pollen the nectar produced from the nectaries was found to be collected in three cups between

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step 1 ans the f view the full answer final answer previous question next question transcribed image text alliaceae 6 what is the floral formula for allium cepa using the floral diagram in figure 2 additionally describe the flower in detail based on the floral diagram and formula a 0 figure 2 floral diagram of allium cepa figure 2

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onion allium cepa l bulbs are commonly used as food or as a herb showing pharmacological activities connected to natural beneficial compounds such as thiosulfinates saponins polyphenols and flavonoids the free amino acids arginine

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abstract onion allium cepa l is found in various regions of europe north america asia and africa it is one of the classic examples of allium species used not only for culinary

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allium cepa is an evergreen bulb growing to 0 6 m 2ft see above for usda hardiness it is hardy to uk zone 5 and is not frost tender it is in flower from june to july the species is hermaphrodite has both male and female organs and is pollinated by bees insects suitable for light sandy and medium loamy soils and prefers well drained soil

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aug 31 2020 botanical description of allium cepa 1 habit perennial herb with bulb 2 root fibrous adventitious root system 3 stem underground bulb 4 leaf a cluster of radical leaves emerges from the underground bulb cylindrical and fleshy having sheathy leaf

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allium is a genus of monocotyledonous flowering plants with hundreds of species including the cultivated onion garlic scallion shallot leek and chives the generic name allium is the latin word for garlic and the type species for the genus is

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oct 1 2023 onion allium cepa herbaceous biennial plant in the amaryllis family amaryllidaceae grown for its edible bulb the onion is likely native to southwestern asia but is now grown throughout the world chiefly in the temperate zones

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