

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

**Tessa Krailing, Barron's  
Publishing, Barrons Educational Series**

## **Nasm Ces Study Guide:**

**Study Guide to Accompany Nasm Essentials of Personal Fitness Training, Third Edition** National Academy of Sports Medicine, 2007-05-11 Designed to accompany the new Third Edition of the National Academy of Sports Medicine's *NASM Essentials of Personal Fitness Training* this study guide is suitable for coursework and for students preparing for the NASM Certified Personal Trainer certification exam It includes matching vocabulary short answer and multiple choice exercises Answers are also provided *NASM Study Guide* Nasm Cpt Exam Prep Team, 2017-05-03 *NASM Study Guide* NASM Personal Training Book Exam Prep for the National Academy of Sports Medicine CPT Test Developed for test takers trying to achieve a passing score on the NASM CPT Exam this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Technique and Training Instruction Client Relations and Behavioral Coaching Professional Development and Responsibility Practice Questions Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the NASM CPT Exam The practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Anyone planning to take the NASM CPT Exam should take advantage of the review material practice test questions and test taking strategies contained in this study guide *NASM Study Guide* Ascencia, 2020-08-12 **Nasm CPT Study Guide 2025-2026 - 3 Full-Length Practice Tests, Nasm Personal Trainer Certification Exam Secrets Book** Matthew Bowling, 2024-11-13 Mometrix Test Preparation's *NASM CPT Study Guide NASM Personal Trainer Certification Exam Secrets Book* is the ideal prep solution for anyone who wants to pass their National Academy of Sports Medicine Board of Certification Examination The exam is extremely challenging and thorough test preparation is essential for success Our study guide includes 3 practice tests available in online interactive format All 3 of these printed in the guide Tips and strategies to help you get your best test performance A complete review of all NASM test sections NASM R 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 The Mometrix guide is filled with the critical information you will need in order to do well on your NASM exam the concepts procedures principles and vocabulary that the National Academy of Sports Medicine Board of Certification NASM BOC expects you to have mastered before sitting for your exam Test sections include Basic and Applied Sciences and Nutritional Concepts Client Relations and Behavioral Coaching Assessment Program Design Exercise

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