
NASM CES 3- Practice Exam 1

What term is used to describe reduced neural drive to an antagonist muscle when an agonist muscle contracts?

Select one:

- a. Cross-bridging
- b. Muscle imbalance
- c. Reciprocal inhibition
- d. Sensorimotor integration - answer
- c. Reciprocal inhibition

Which muscle should be strengthened in a fitness program for a client with a lack of lumbar stabilization?

Select one:

- a. Erector spinae
- b. Rectus abdominis
- c. Multifidus
- d. External obliques - answer
- c. Multifidus

Dysfunction in intrinsic core stabilizers (transverse abdominis and multifidus) can result in which of the following?

Select one:

- a. Increased intersegmental stability.
- b. Reduced force generation during movement.
- c. Reduced ability to transfer forces from the lower extremity to the lumbo-pelvic region.
- d. SIJ instability and low back pain - answer
- d. SIJ instability and low back pain

What term is used to describe how the CNS integrates sensory information with previous experiences?

Select one:

- a. Motor development
- b. Motor behavior
- c. Motor learning
- d. Motor control - answer
- d. Motor control

What is defined as the Human Movement System's relative ability to produce, reduce, and dynamically stabilize forces in all three planes of motion?

Select one:

- a. Movement compensation

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Complete Guide to Foam Rolling Stull, Kyle, 2018 Complete Guide to Foam Rolling combines the latest scientific research with step by step instructions for the most effective foam rolling techniques for muscle preparation and recovery

NASM Essentials of Corrective Exercise Training Micheal Clark, Scott Lucett, National Academy of Sports Medicine, 2010-09-21 NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials including the rationale for corrective exercise training assessments of health risk static postural assessments range of motion assessments and strength assessments manual muscle testing as well as corrective exercise strategies for the cervical spine elbow and wrist There are more than 100 corrective exercise techniques in the categories of self myofascial release static stretching neuromuscular stretching isolated strength training positional isometrics and integrated dynamic movements included in the text These along with corrective exercise strategies for common movement impairments seen in each segment of the body make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training

NeuroKinetic Therapy David Weinstock, 2012-06-05 NeuroKinetic Therapy is based on the premise that when an injury has occurred certain muscles shut down or become inhibited forcing other muscles to become overworked This compensation pattern can create pain or tightness By applying light pressure that the client then resists the practitioner can evaluate the strength or weakness of each muscle revealing the sources of injury and retraining the client's body to remove the compensation patterns reprogramming the body at the neural level This easy to follow practitioner's manual presents a series of muscle tests specially designed to uncover and resolve compensation patterns in the body Author David Weinstock begins by explaining how this approach stimulates the body and mind to resolve pain Organized anatomically each section of the book includes clear photographs demonstrating correct positioning of the muscle accompanied by concise explanations and instructions Labeled anatomical illustrations appear at the end of each section showing the relationships between the muscles and muscle groups This essential resource is especially useful for physical therapists chiropractors orthopedists and massage therapists looking for new ways to treat underlying causes of pain *Çocuk Futbolcularda Core Antrenman*

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Associations of the United States ,2008 *The Canadian Surveyor* ,1963 *NASM CPT Audio Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine* Jenny Schaefer,2021-05-03 If you want to pass the NASM Exam but don't have a lot of time for studying keep reading You are no doubt a busy professional with a lot of things going on It can be challenging to find the time to read and study for the NASM CPT Exam However the truth is that the NASM exam is a challenging exam It is normal to have some anxiety about taking this test Thorough preparation cannot be overlooked That is why the author Jenny Schaefer developed the NASM CPT Study Guide This Edition is a PRACTICE QUESTIONS EDITION It comes in text audio format so that you can listen to it wherever life takes you It's sections include Introduction Basic and Applied Sciences and Nutritional Concepts Assessment Program Design Exercise Techniques and Training Instruction Professional Development and Responsibility Client Relations and Behavioral Coaching Randomized Practice Questions MUCH MUCH MORE Conclusion Each section is divided into subsections making sure all aspects of the exam are covered If you listen to or read our study guide in addition to pursuing other study methods we are confident you will pass the NASM CPT Exam So go ahead and scroll up and click buy for me today **Poor's Financial Records** ,1930 **Bulletin signalétique** ,1963 **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 CPT Study Guide! Certified Personal Trainer Exam Prep Practice Questions for the National Academy of Sports Medicine* Jenny Schaefer,2021-04-30 If you want to pass the NASM Exam but don't have a lot of time for studying keep reading You are no doubt a busy professional with a lot of things going on It can be challenging to find the time to read and study for the NASM CPT Exam However the truth is that the NASM exam is a challenging exam It is normal to have some anxiety about taking this test Thorough preparation cannot

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