

CORRECTIVE EXERCISE CONTINUUM

INHIBIT

Inhibit tension in areas identified as being overactive or shortened through assessments.

Self-myofascial Release Techniques:

- Reduce muscular tension
- Relieve muscle soreness
- Improve circulation

LENGTHEN

Lengthen the muscles with static stretching or neuromuscular stretching techniques.

Stretching Techniques:

- Reduce stiffness
- Increase range of motion
- Improve posture

ACTIVATE

Activate the muscles identified as underactive or weak.

Strengthening Techniques:

- Activate individual muscles
- Improve muscular endurance
- Increase strength

INTEGRATE

Integrate uses dynamic total body exercises that are progressed to solidify and coordinate the changes made.

Integrated Strength Techniques:

- Improve total-body coordination
- Improve movement patterns
- Enhance performance

Nasm Corrective Exercise Study Guide

Brian G. Sutton



Nasm Corrective Exercise Study Guide:

Study Guide to Accompany NASM's Essentials of Corrective Exercise Training, 2011 **NASM CPT Study Guide** CORNELL BUFFET, Become a NASM Certified Personal Trainer Faster Smarter and With Total Confidence Passing the NASM CPT exam doesn't have to feel overwhelming With this complete study companion you get a streamlined easy to understand and highly effective roadmap to mastering every domain of the exam and becoming the fitness professional you're meant to be This all in one guide breaks down complex topics into simple memorable explanations delivering 23 power packed chapters 800 practice questions and detailed answer explanations designed to transform your knowledge sharpen your skills and eliminate test anxiety Whether you're just starting your fitness career or leveling up your expertise this book gives you everything you need to pass your exam on the first try Your Success Starts Here Whether you're a first time test taker or retesting with renewed determination this book equips you with the tools strategy and confidence needed to walk into the exam prepared and walk out a certified NASM CPT Start studying smarter today and become the trainer clients trust

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The NASM National Academy of Sports Medicine Certified Personal Trainer Exam Study Guide Scientia Media Group, Jason Rush, 2021-07-10 Do you have a passion for fitness and a burning desire to help others Certified personal trainers are needed more than ever but before you can become one there's the matter of the licensing Before you can share your wealth of knowledge and passion for fitness to help others you have to become certified The National Academy of Sports Medicine CPT exam is the strictest of the certifications you can achieve but it will also prepare you for just about any experience you face On this exam you will be tested on several competencies to ensure that you understand how the human body works how to assess your clients and how to help them to the best of your ability As you study from this book you will be provided with vital information that will help you prepare In this book you will be guided through how to study for this exam from the anatomical systems to nutrition and biomechanics You'll discover how to assess your clients and design the best programs for them no matter their current health or fitness status You'll be given guidance through several different exercises how to build the client relations Finally you will be guided through understanding the professional development necessary and your own responsibilities to maintain an ethical approach to treating and training clients As you read you will

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Table of Contents Nasm Corrective Exercise Study Guide

1. Understanding the eBook Nasm Corrective Exercise Study Guide
 - The Rise of Digital Reading Nasm Corrective Exercise Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Nasm Corrective Exercise Study Guide
 - 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 Corrective Exercise Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nasm Corrective Exercise Study Guide

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

- Fact-Checking eBook Content of Nasm Corrective Exercise Study Guide
 - 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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