

NASM Corrective Exercise Specialist Exam **Questions and Answers 2025**

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

SJ Ball



Nasm Corrective Exercise Specialist Exam Questions:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Nasm Corrective Exercise Specialist Exam Questions**

In a global inundated with monitors and the cacophony of quick connection, the profound power and emotional resonance of verbal artistry usually disappear into obscurity, eclipsed by the continuous onslaught of noise and distractions. Yet, situated within the lyrical pages of **Nasm Corrective Exercise Specialist Exam Questions**, a captivating work of literary elegance that pulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this interesting opus guides readers on a mental odyssey, gently exposing the latent possible and profound impact stuck within the delicate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is key themes, dissect its captivating publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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