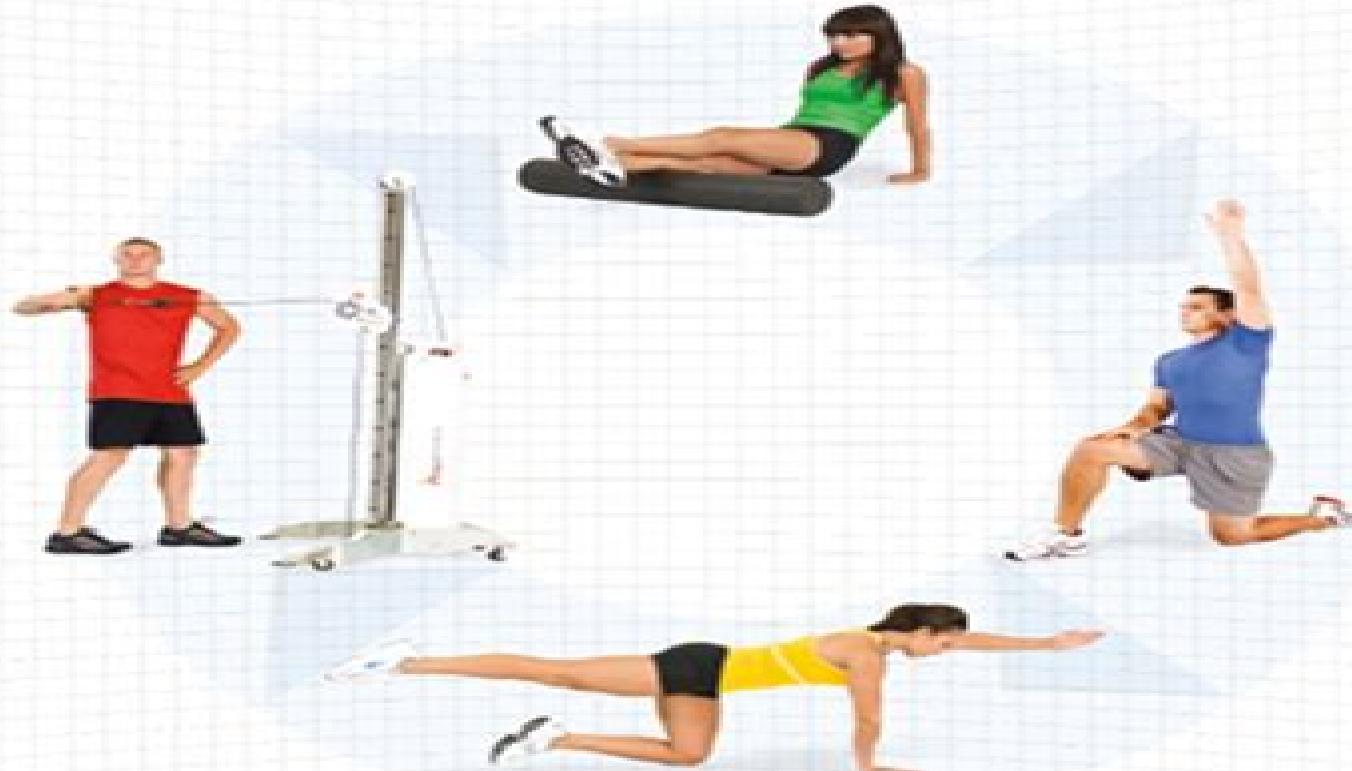


# NASM Essentials of Corrective Exercise Training

FIRST EDITION REVISED

Editors  
Michael A. Clark  
Scott C. Lucett  
Brian G. Sutton



# Nasm Essentials Of Corrective Exercise Training

**National Academy of Sports Medicine**

## **Nasm Essentials Of Corrective Exercise Training:**

*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. **NASM**

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Designed to accompany NASM Essentials of Sports Performance Training this study guide is suitable for coursework and for students preparing for the NASM Performance Enhancement Specialist certification exam **NASM Essentials of Personal Fitness Training**, 2008 Developed by the National Academy of Sports Medicine NASM this book is designed to help people prepare for the NASM Certified Personal Trainer CPT Certification exam or learn the basic principles of personal training using NASM's Optimum Performance Training OPT model The OPT model presents NASM's protocols for building stabilization strength and power More than 600 full color illustrations and photographs demonstrate concepts and techniques Exercise color coding maps each exercise movement to a specific phase on the OPT model Exercise boxes demonstrate core exercises and detail the necessary preparation and movement Other features include research notes memory joggers safety tips and review questions **NASM Essentials of Sports Performance Training** National Academy of Sports

Medicine, 2018-01-08 New Content Based upon feedback from past students and Sports Performance Professionals this new textbook includes several new updates in comparison to the previous performance enhancement materials 1 Streamlined OPTTM Model The OPTTM model has been simplified to include six of the most commonly used phases of training for sports performance goals versus the previous seven phase model The one phase of training that is no longer included in this performance version of the model Corrective Exercise Training is a specialized form of training that would be used for athletes who've come off an injury and prepares the athlete to enter into the OPTTM model This form of training is covered exclusively in NASM's Corrective Exercise Specialist course 2 Revised Model Nomenclature We've also renamed the phases so it is easier to understand the exact function and desired adaptation for that phase of training 3 Additional Chapters This textbook includes several new chapters not included in the previous performance enhancement materials These additional chapter topics will assist in creating a more well rounded Sports Performance Professional and thus in creating more value in you as a professional These additional chapters include Cardiorespiratory Training for Performance Enhancement Olympic Lifting for Performance Enhancement Current Concepts in Injury Prevention and Reconditioning Ergogenic Aids Sports Psychology

**ACSM's Foundations of Strength Training and Conditioning** Nicholas Ratamess, 2021-03-15 Developed by the American College of Sports Medicine ACSM ACSM's Foundations of Strength Training and Conditioning offers a comprehensive introduction to the basics of strength training and conditioning This updated 2nd edition focuses on practical applications empowering students and practitioners to develop implement and assess the results of training programs that are designed to optimize strength power and athletic performance Clear straightforward writing helps students master new concepts with ease and engaging learning features throughout the text provide the understanding and confidence to apply lessons to clinical practice **Exercise and Physical Activity** R. K. Devlin, 2022-10-18 This encyclopedia explores exercise and physical activity from a variety of angles including anatomy and exercise science health benefits and risks the wide array of sports and recreational activities available and the sociocultural context of physical fitness Exercise and Physical Activity

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