



18 Questions on Assessments

PART 1: List and discuss the difference between Subjective and Objective information.

PART 2: Discuss which muscle imbalances could be present from the following: Extended periods of sitting, Overhead repetitive movements, Dress shoes or high heels, and Stress or anxiety.

PART 3: Discuss Beta-Blockers and Bronchodilators. What populations need these? What do they do?

PART 4: Perform all the objective assessments on a mock client or yourself. Write out your results.

PART 5: Name the three common postural distortion patterns and list what muscles are tight and weak with each syndrome.

PART 6: What does the Shark Skill Test assess?

PART 7: It is crucial that you memorize all muscles that are tight and weak with each muscle imbalance in the Overhead Squat Assessment. There are 12 plus questions on the NASM-CPT test regarding these imbalances. A great way to study is to know which muscles are commonly tight and commonly weak. (Ex. Gastrocnemius, Biceps Femoris, TFL, Latissimus Dorsi, Pectoralis Major are always tight muscles according to NASM, they will never be weak in a test question.)

Below is a Muscle Imbalance Chart with highlighted MUST KNOW muscles: