
NASM Stretching and Flexibility Exam Correct Questions & Verified Answers!!

1. How often should self-stretching techniques be performed for the best results? **:correct answer:** Daily
2. What should be done if a client completes a self-assessment and finds one side that is more restricted in movement? **:correct answer:** The client should contract the antagonist muscle to inhibit and lengthen the stretching muscle.
3. What should the fitness professional do to cause reciprocal inhibition in a client that is pushing back during a stretch? **:correct answer:** The client should contract the antagonist muscle to inhibit and lengthen the stretching muscle.
4. Which system indicates whether or not a client is being honest with the fitness professional about how they are feeling during a session? **:correct answer:** Interoceptive
5. Which of the following is a neurophysiological effect of rolling myofascia? **:correct answer:** Improvement of tissue relaxation.
6. How should the traction during the adductor stretch be completed? **:correct answer:** - Through the hip leaning away
7. Which of the following terms defines the concept that a client's primary complaint is affected by dysfunction in remote musculoskeletal regions? **:correct answer:** Re-regional interdependence model
8. Which of the following terms defines the neuromuscular system's capacity to activate muscle synergies at the correct time with appropriate force to complete functional tasks with the least amount of stress and energy to the HMS? **:correct answer:** Functional efficiency
9. Which of the following can disrupt the balance of tension and compression which help to optimize and maintain movement? **:correct answer:** Traumatic injury
10. When is it recommended that a client perform self-myofascial techniques? **:correct answer:** Before stretching
11. Which of the following is the best way for a fitness professional to build client confidence during a stretching session? **:correct answer:**

Study Guide Questions And Answers Stretching Ourselves

Mortimer J. Adler, Charles Van Doren



Study Guide Questions And Answers Stretching Ourselves:

Stretch Yourself Fanny Passeport, Caitlin McLemore, 2018-12-17 Two award winning young educators from opposite sides of the globe share their insights to guide teachers on how to take risks and innovate in their daily practice *Stretch Yourself A Personalized Journey to Deepen Your Teaching Practice* is chock full of tools and strategies to show teachers especially those new to the profession how to stretch and innovate in their teaching Using the metaphor of yoga with its focus on process and practice the authors take teachers on a journey of self reflection and assessment leading them through three stages Breathe Stretch and Meditate The book covers such topics as developing a sense of self awareness to achieve excellence and the importance of maintaining balance and persevering in your practice This book features The unique look and feel of a journal with space to write and reflect on ideas as you read A self assessment quiz so you can evaluate your mindset in terms of technology use and innovation Ideas for using tools available in your edtech toolbox to improve your teaching practice Highlights of teachers and students voices through project examples so you can learn from various perspectives Practical activities aligned to ISTE Standards for Educators and the ISTE Standards for Students As the authors state Only through interacting with content making mistakes and trying new things can we truly become aware of what there is to learn Audience K 12 educators *AFCAT Study Package - Study Material + Solved Papers + 5 Online Practice Sets* Disha Experts, 2019-12-28 *Work Smarter With Speed Reading: Teach Yourself* Tina Konstant, 2010-02-24 Speed reading is about reading and being able to recall more written information in less time *Work Smarter with Speed Reading* is a practical guide to effective speed reading It includes tools and information on a variety of reading and memory techniques including a five step strategy that will enable you to read any non fiction material easily It Allows you to start using and practising the techniques as you read Offers a selection of techniques so you can choose the ones that suit you best Teaches you how to read effectively under pressure Helps you to concentrate in noisy and distracting environments NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the author s many years of experience TEST YOURSELF Tests in the book and online to keep track of your progress EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of speed reading and time saving techniques TRY THIS Innovative exercises illustrate what you ve learnt and how to use it *ASWB LBSW Baccalaureate Study Guide* Matthew Wilcher, 2025-06-03 Are you ready to take the next step in your social work career and confidently pass the Licensed Bachelor Social Worker LBSW exam on your first try The LBSW Baccalaureate Social Work Licensing Test Guide is your ultimate companion meticulously designed to equip you with everything you need to know to succeed Whether you re a recent graduate or a practicing social worker seeking licensure this comprehensive guide offers clear detailed explanations of all key topics tested on the LBSW exam From human development and cultural competence to ethical decision making and advanced assessment techniques this book covers the

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