

# NASM STUDY GUIDE

**Subjective Information** - Information that is gathered from a prospective client to give the health and fitness professional feedback regarding personal history such as occupation, lifestyle and medical background.

**Program Design** - A purposeful system or plan put together to help an individual achieve a specific goal.

**Biomechanics** - A study that uses principals of physics to quantitatively study how forces interact within a living body.

**Dietary Supplement** - A substance that completes or makes an addition to daily dietary intake.

**Proprioceptively enriched environment** - An unstable (but controlled) environment where exercises are performed that causes the body to use its internal balance and stabilization mechanisms

**Reactive Training** - Exercises that use quick, powerful movements involving an eccentric contraction immediately followed by an explosive concentric contraction.

**Obesity** - Fastest growing health problem in the US

**The Nervous System** - It is a conglomeration of billions of cells forming nerves that are specifically designed to provide a communication network within the human body

nervous system, skeletal system and muscular system - kinetic chain

**Heart** - Muscular pump that rhythmically contracts to push blood throughout the body

**Dynamic Joint Stabilization** - The ability of the kinetic chain to stabilize a joint during movement.

**Speed** - The ability to move the body in one intended direction as fast as possible.

**The Core** - The lumbo-pelvic -hip complex and the thoracic and cervical spine, where the body's center of gravity is located

**Flexibility** - The normal extensibility of all soft tissues that allow the full range of motion of a joint.

**Nutrition** - The sum of the processes by which an animal or plant takes in and uses food substances.

# Study Guide Terms

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A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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