



# Study Guide to Accompany NASM Essentials of Corrective Exercise Training

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Published by the National Academy of Sports Medicine, this study guide is the perfect companion to *NASM Essentials of Corrective Exercise Training*. Designed as an innovative, systemic approach, NASM's Corrective Exercise Continuum is used by thousands of health and fitness and sports performance professionals worldwide to help decrease the risk of injury and maximize training results. This study guide will help you evaluate your knowledge and review your strengths and weaknesses so you can be sure you're at your peak as you help your clients prepare for competition or make a change toward a more healthy lifestyle!

The Study Guide to Accompany NASM Essentials of Corrective Exercise Training provides a variety of question types to help test your knowledge, including multiple choice, true/false, vocabulary, short answer, and fill-in-the-blank.

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