

CES Practice Test Questions and Answers

1. What is the primary focus of a Corrective Exercise Specialist (CES) when working with clients?

- A) Maximizing athletic performance only
- B) Identifying and correcting movement dysfunctions and imbalances
- C) Providing nutrition counseling exclusively
- D) Teaching advanced weightlifting techniques

2. Which assessment is most commonly used to evaluate overhead shoulder mobility?

- A) Single-leg squat test
- B) Overhead squat assessment
- C) Push-up test
- D) Sit-and-reach test

3. What is the correct sequence in the NASM Corrective Exercise Continuum?

- A) Strengthen, Activate, Lengthen, Integrate
- B) Integrate, Strengthen, Activate, Lengthen
- C) Lengthen, Activate, Strengthen, Integrate
- D) Activate, Lengthen, Strengthen, Integrate

4. Which muscle is commonly overactive in individuals with upper crossed syndrome?

- A) Deep cervical flexors
- B) Lower trapezius
- C) Upper trapezius
- D) Serratus anterior

Answers: 1-B 2-B 3-C 4-C

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