

Corrective Exercise Specialist Practice Test Questions and Answers

1. What is the primary goal of corrective exercise?

- A) To increase maximum strength only
- B) To improve movement patterns and address muscle imbalances
- C) To burn maximum calories
- D) To build muscle mass exclusively

2. Which assessment is commonly used to evaluate overhead movement patterns?

- A) Overhead squat assessment
- B) Bench press test
- C) Mile run test
- D) Body fat percentage

3. What does "reciprocal inhibition" mean in corrective exercise?

- A) Both muscles contract simultaneously
- B) When one muscle contracts, its opposing muscle relaxes
- C) Muscles work independently
- D) All muscles remain static

4. Which phase typically comes first in a corrective exercise program?

- A) Strength training
- B) Power development
- C) Inhibition and lengthening of overactive muscles
- D) Sport-specific training

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

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