



## STUDY GUIDE

### NASM Essentials of Sports Performance Training

#### Essentials of Integrated Training

PART 1: List and define all components of an integrated sports performance program.

PART 2: Know the estimated percentage of obesity in the US population. (Can be found in the NASM Essentials of Personal Fitness Training Text.)

PART 3: Define the following terms: Stretch Shortening Cycle, Altered Reciprocal Inhibition, Synergistic Dominance, Flexibility, and Strength.

PART 4: Moving in which plane of motion has the highest risk for injury?

#### Human Movement Science

PART 1: Complete the chart below and memorize *all* of the Concentric and Eccentric Actions for the following Muscles. (Note: the eccentric actions are the exact opposite joint motions from the concentric. This can help with memorization.)

Muscle	Concentric Action	Eccentric Action
EXAMPLE: Anterior Tibialis	Ankle Dorsiflexion, Ankle Inversion	Ankle Plantarflexion, Ankle Eversion
Posterior Tibialis		
Soleus		
Gastrocnemius		
Peroneus Longus		
Biceps Femoris Short Head		
Medial Hamstrings (Semimembranosus Semitendinosus)		