

Corrective Exercise Specialist (CES)



Professionals with the NASM Corrective Exercise Specialist (CES)™ Advanced Specialization:

- **Deliver consistent results** in post-rehabilitation and reconditioning of clients with musculoskeletal disorders.
- **Individualize integrated training programs** to keep clients healthy and safe.
- **Utilize the Optimum Performance Training (OPT)™** method, a systematic evidence-based training system that guarantees measurable results.

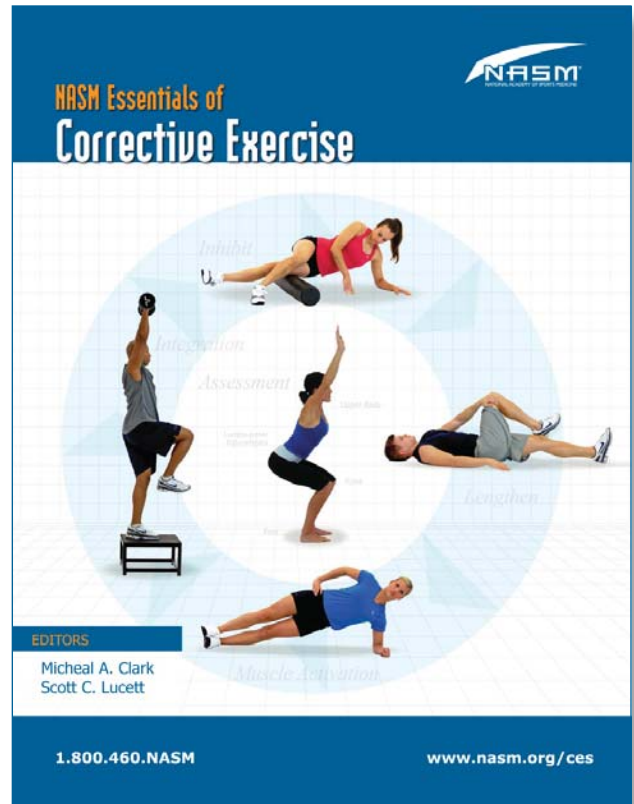
With the push for society to be more active, professionals will be challenged with various clients who may possess musculoskeletal imbalances.

These imbalances may lead to pain and injury, inhibiting clients from meeting their goals and limiting professional results.

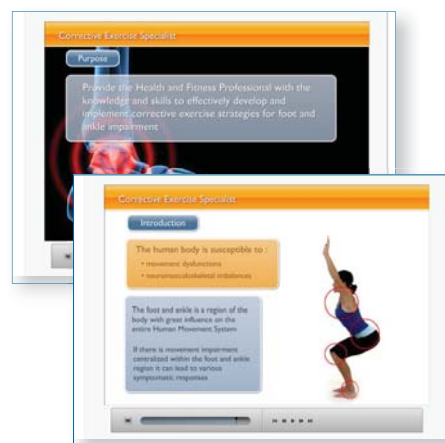
Delivered online, the NASM CES is designed to empower professionals with the advanced knowledge, skills and abilities required to safely and effectively work with clients of all levels, ages and needs. The NASM CES is ideal for health and fitness professionals, athletic trainers, chiropractors, licensed massage therapists and physical therapists.

The NASM CES advanced specialization course includes the following eleven (11) modules: Human Movement Science, Human Movement Impairments, Movement Assessments, Inhibitory Techniques, Lengthening Techniques, Activation Techniques, Integration Techniques, Foot & Ankle Impairments, Knee Impairments, LPHC Impairments, and Shoulder Impairments.

CEUs: NASM 1.9, NSCA 1.6, ACE 1.5, BOC 37



** CES enrollees must have the NASM-CPT and/or a bachelor's degree in a health and fitness related field.



“NASM-OPT Training is a huge benefit. It has a cumulative effect on your body. If your body is more receptive every night, it is going to help you over the long term.”

Steve Nash, Guard, Phoenix Suns Two-Time NBA MVP

Experience the NASM CES Live!

Get Ahead of the Game. Experience two days of hands-on movement assessments and exercise strategies. Practice inhibitory, lengthening, activation and integration techniques, and design corrective exercise programs. To enroll in the CES Workshop, please call 1.800.460.6276.

Workshop CEUs: NASM 1.6, ACE 1.4, BOC 16.0, AFAA 9.5, NSCA 1.2.

800.460.NASM

www.nasm.org

If you are a corporate account, please contact our Corporate Account team at 800.460.6276 x216 for your corporate preferred pricing.



The NASM-CPT certification is proudly accredited by the NCCA.