



Leading the human movement revolution



The NASM Corrective Exercise Specialist (NASM-CES) Advanced Specialisation was developed in response to the growing need for professionals to assist clients and athletes experiencing musculoskeletal impairments, muscle imbalances or rehabilitation concerns.

THE COURSE

With eleven modules of information on important corrective exercise topics such as movement assessments, inhibitory techniques, muscle activation techniques and common musculoskeletal impairments, the CES training course arms professionals with the most innovative education tools and techniques for optimal results.

WHY CHOOSE NASM & SPORT981

All of our Corrective Exercise Specialisation (NASM-CES) courses are taught by experienced Sport981 tutor

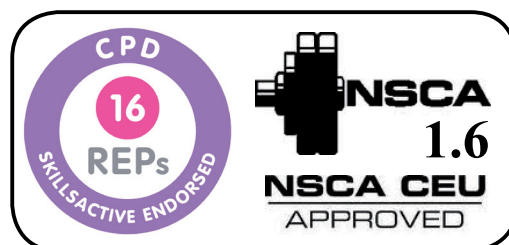
coaches, who use the CES knowledge on a daily basis with clients from all walks of life as well as part of multidisciplinary backroom staff (physiotherapist, sports doctors, and complimentary health care specialists such as chiropractors and osteopaths) approach to developing athletic performance and reducing injury potential. This extensive experience is used to bring the material to life in our workshop environments to ensure that you get the very best practical skills to be able to use with your clients straight away.

THE MARKET

Increasing your professional potential is easy when you look at the condition of individuals around the world. Statistics have shown the overwhelming need for health and fitness professionals to obtain the knowledge, skills and abilities to work with clients who suffer from musculoskeletal impairments. Today, injuries have placed enormous strains on individuals entering the health clubs and competing within the sports arena.

“ *NASM is the official provider of sports medicine education for the **NBATA** (National Basketball Athletic Trainers Association) [...] **Shaq's** wheelin-n-dealin' at an **All-Star** level again [...] and his **renaissance** is like **Exhibit A** for **Corrective Exercise**.* ”

Shaq's Revival
Slam Online.com



Our Education Partners



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THE POTENTIAL

By gaining advanced injury prevention and recovery knowledge, you place yourself among top professionals, on a career path that leads to professional success through expansive professional capabilities, increased revenue generating potential through untapped markets inside and out of the clubs, as well as reaching a benchmark of educational excellence in the health and fitness industry.

The NASM-CES not only provides you with cutting-edge, scientifically-valid education, but provides applicable corrective exercise techniques and programming using the proprietary OPT™ model. The NASM-OPT™ model allows you to take away the guess work of exercise programming, guiding you step-by-step through clinically-proven exercise programs. The NASM-CES integrates the science and the solutions for optimal injury prevention and recovery success!

COURSE ENTRY REQUIREMENTS

The Course is designed for Instructors, Advanced Instructors, Personal Trainers and Group Exercise Instructors.

- A current NASM-CPT certification,
- or REPS Level 3 or higher credential

OR

A degree in one of the below related fields

- | | | |
|---------------------|-----------------------|----------------------|
| ● Athletic training | ● Ergonomics Exercise | ● Nutrition |
| ● Biology | ● physiology | ● Physical education |
| ● Biomechanics | ● Exercise science | ● Physical therapy |
| ● Chiropractic | ● Health science | ● Sport science |
| ● Community health | ● Kinesiology | |



LEARNING TOOLS

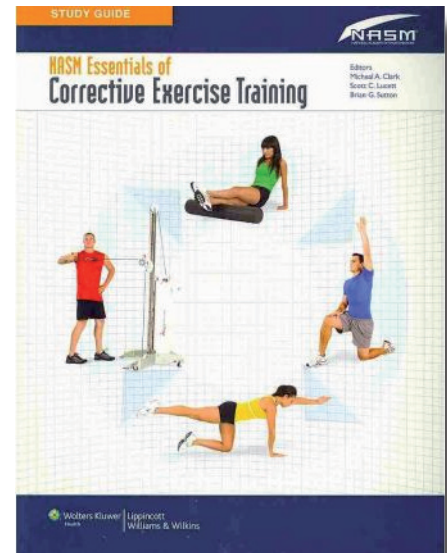
Workshop - All courses are accompanied with a practically orientated workshop (1 weekend after a minimum of 4 weeks distance learning) which brings the material to life with one of Sport981's experienced coaches.

Comprehensive Course Manual – This tool consists of all key sections/modules of the Performance Enhancement Specialist (PES) Course. The text is supported by graphics to ensure your learning opportunity is maximised.

Tutor/Coach E-mail Support throughout the duration of the course should you experience any difficulties.

Online Learning Platform – On registration you will be provided with pass codes to access your very own learning resources section on the NASM website. Here you can take practice exams, track your progress and access learning material.

Introduction Module detailing the assessment process, as well as background/history information about Sport981, NASM, Reps and the Sport981 appeals and Equal Opportunities policy.



COURSE ASSESSMENTS: -

1. Theory Exam (90mins) – 100 multiple-choice questions

COURSE COST

£849.00 Inc VAT

JOIN THE HUMAN MOVEMENT REVOLUTION



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