

Bodyweight Corrective Exercises Exam Packet



Bodyweight Corrective Exercises

Exam Packet

Unconditional Guarantee

If you are not completely satisfied with the Exercises For Injuries correspondence course *Bodyweight Corrective Exercises*, you may exchange your course or receive a full refund, period.

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Course Syllabus

Welcome to the Exercises for Injuries correspondence course *Bodyweight Corrective Exercises*.

Course Materials

Bodyweight Corrective Exercises course materials are as follows:

- *Bodyweight Corrective Exercises* webinar series – 2 videos
- Exam Packet

Course Instructions

This course is self-directed, which enables you to work at your own pace without the help of an instructor. We recommend that you complete the course and take the exam within the year you purchased the course. The following sequence is an effective way to complete the course.

1. **Learn** — Watch the *Bodyweight Corrective Exercises* webinar.
2. **Practice** — Perform each of the exercises before teaching them to your clients.
3. **Test** — Complete the exam, course evaluation, and certificate information. For successful completion, a minimum of 20 out of 25 points (80%) must be achieved on the exam. Instructions for taking the exam are on page 6.

Bodyweight Corrective Exercises

Learn a Wide Variety of Bodyweight Corrective Exercises to Improve Your Clients' Strength & Flexibility

Help your clients overcome struggling points in their workouts by learning assessments, a wide variety of bodyweight corrective exercises, as well as when and where to place the exercises in your program.

In this video presentation, health professional Scott Rawcliffe details bodyweight corrective exercises including those for beginners, advanced and intermediate clients.

Learn assessments and screens to pinpoint issues specific to your client, and in turn, help them improve muscle strength and flexibility. Use this presentation to expand your program, and offer more for your clients.

With the program in a video presentation format, you can go through the information at your own pace, and get all of the tips and tricks you will need to successfully assess and treat problem areas.

The assessments, screens, and exercises are provided with step-by-step instructions, including 44 exercise demonstrations, so you can walk away from the presentation with confidence to help your clients and improve their program.

What you will learn in *Bodyweight Corrective Exercises*:

- Learn a wide variety of body weight exercises to complete with clients (beginner, advanced and intermediate)
- Learn when & where to perform body weight exercises within your program
- Add new, effective tools to your toolbox (when, where, how)
- Learn assessments, screens so clients can identify issues or stumbling blocks
- Learn specifics regarding bodyweight corrective exercises, including 44 demonstrations
- Learn how to modify bodyweight corrective exercises for those who are beginners, advanced, and intermediate

Take Your Exam

Instructions

- Only one person may receive continuing education credits for this exam.
- This is an open book exam.
- Select the best possible answer for each test question.
- Score your answers on the Exam Answer Sheet.
- Keep a copy of your exam for your records.

Taking Your Exam

Complete the below exam form.

After completing the exam, please email or fax the course evaluation, certificate information and completed answer sheet to Exercises for Injuries.

E-mail: support@exerciseforinjuries.com

Fax: (604) 677-5425

Note: To receive CECs/CEUs for this course, complete the exam and submit it for scoring within the year you purchased the course.

Please also complete the Course Evaluation and Certificate Information and send them in with your completed answer sheet.

Bodyweight Corrective Exercises

Exam Packet

Bodyweight Corrective Exercises Exam Answer Sheet

Name _____ Date _____

Phone _____ Score (25 possible) _____

Email _____

Please circle your answers (no Xs or blackouts)

1. A B C D
2. A B C D
3. A B C D
4. A B C D
5. A B C D
6. A B C D
7. A B C D
8. A B C D
9. A B C D
10. A B C D
11. A B C D
12. A B C D
13. A B C D

14. A B C D
15. A B C D
16. A B C D
17. A B C D
18. A B C D
19. A B C D
20. A B C D
21. A B C D
22. A B C D
23. A B C D
24. A B C D
25. A B C D

Bodyweight Corrective Exercises Exam

- 1. What is a sign of a faulty breathing pattern?**
 - a. The stomach moves in and out
 - b. The chest puffs up, perhaps the shoulders move up and down
 - c. The face turns red
 - d. Muscle soreness sets in faster

- 2. During the Arm Raise test, what is a way a client might cheat?**
 - a. Bending their arm(s)
 - b. Turning their head
 - c. Arching the back
 - d. Standing on their tiptoes

- 3. When doing a pushup, what's a good way to regress the exercise for your client?**
 - a. Drop to the knees, while maintaining a straight spine
 - b. Lift one leg off the ground
 - c. Completing less repetitions
 - d. Work from the knuckles, instead of the palms

- 4. What's the pushup position you don't want your client to be in?**
 - a. Arms at 45 degree angle
 - b. Elbows flared, guillotine position
 - c. Knees on the ground
 - d. Knees and feet on the ground

- 5. If you don't address mobility issues, what can happen?**
 - a. The client will be in pain
 - b. The exercises won't work
 - c. An injury could occur
 - d. The client won't progress

- 6. What often makes the McKenzie pushup difficult for clients?**
 - a. Lower back pain
 - b. Lack of shoulder strength
 - c. They can't lock their elbows
 - d. Lack of core strength

- 7. What is a good type of pushup for an intermediate/advanced client?**
 - a. The McKenzie
 - b. Plank pushup
 - c. Wall pushup
 - d. Lifting weights would be more beneficial

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- 8. What's something to watch for when a client is completing a Bat Wing Body Row?**
- That they are using the TRX bands
 - That the knees are locked
 - That their elbows look like batwings
 - Make sure they don't shrug their shoulders
- 9. If a client is struggling to get their opposite arm and leg to move simultaneously, what is a good question you can ask them?**
- What type of shoes do you work out in?
 - How often do you walk outdoors vs. on a treadmill?
 - Did you crawl as an infant?
 - Do you use heat or ice to ease sore muscles?
- 10. If your client is coming out of rehab, where is a good place to start with bodyweight exercises?**
- They can start anywhere once rehab is complete
 - Anywhere, as long as the exercises are monitored
 - Free movement is a good place to start
 - Start with post stabilizations, then progress
- 11. When it comes to the Prone Swimmers exercise, it doesn't matter how fast you go...**
- It's how high the arms are lifted
 - It matters about the control
 - It's moving the legs, too
 - It's about relaxing the neck
- 12. Which of the following is NOT part of the 9-point flexibility test?**
- The little finger can extend to 90 degrees
 - The arms can reach all the way above the head
 - The knee hyper extends 10 degrees or more
 - The thumb can be abducted to touch the wrist
- 13. What's different about the Staggered squat, as opposed to a standard squat?**
- Extra weight is involved
 - Arm movement is included
 - The feet are closer together
 - One foot steps forward, one foot steps back

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- 14. What is a good exercise for someone who sits at a desk all day, but wants to improve their upper back strength?**
- Shoulder press, low weight and high rep
 - Center plank
 - Standing wall lean
 - Child's pose
- 15. What's a way to regress the side plank & abduct exercise?**
- Bend the knees
 - Go to center plank position
 - Point the toes
 - Counterbalance with external weight
- 16. How can you tell if someone is quad dominant?**
- When squatting, they bend forward at the waist
 - Their quads measure larger than their calves
 - When squatting, they maintain an upright posture
 - They can hold a squat or lunge position for long periods of time
- 17. What should you watch for when your client is completing a wide-glute bridge? (What should a client NOT do?)**
- Shoulders on the floor
 - Feet staying flat on the floor
 - Bent knees
 - Knees apart
- 18. What's a good exercise for improving the hamstrings?**
- The Cossack squat
 - Reaching for the toes
 - Prisoner squat
 - Toe taps
- 19. What's a way to regress the Cossack squat?**
- Add external weight
 - Pop up between squats
 - Bend the knees
 - Lean forward
- 20. What's a lunge that's good for the hamstrings?**
- Hip lunge
 - Side lunge
 - Straight-leg lunge
 - Reaching lunge

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- 21. If a client is lacking in hip mobility, where will they compensate for it?**
- a. Ankles
 - b. Knees
 - c. Lumbar Spine
 - d. Core muscles
- 22. When completing the kneeling core wall press, the harder you press...**
- a. The more chances for injury
 - b. The more difficult it becomes to stabilize the knee
 - c. The more you build shoulder strength
 - d. The easier it becomes
- 23. When completing the glute bridge hip extension, small movement in the ___ is okay.**
- a. Legs
 - b. Shoulders
 - c. Hips
 - d. Feet
- 24. What part of the body does the core wall press & leg lift work?**
- a. Hips
 - b. Legs
 - c. Core
 - d. Shoulders
- 25. What exercise involves a partner and external weight?**
- a. Side plank
 - b. Cossack squat
 - c. Lower ab plank
 - d. Extended leg lunge

Bodyweight Corrective Exercises

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Bodyweight Corrective Exercises Course Evaluation

Thank you for completing this evaluation. Your responses will help us in our efforts to continuously improve this course. Please rate the following on a scale of 1–5 (circle one).

	Strongly agree			Strongly disagree	
The course content covers stated objectives.	1	2	3	4	5
The content is up-to-date and comprehensive.	1	2	3	4	5
It was clear how to use the course materials.	1	2	3	4	5
I am able to apply what I've learned.	1	2	3	4	5
This course met my expectations.	1	2	3	4	5
The customer service representative was knowledgeable of product.	1	2	3	4	5
The customer service representative was courteous and handled my call efficiently.	1	2	3	4	5

Would you recommend this course to a friend or colleague? Yes No

Describe how you will be able to apply the content in this course to your work.

What have you gained from this course?

Any recommendations or general comments?

Please share with us the name of a friend or colleague who would be interested in receiving information about Exercises For Injuries courses.

Name _____

Address _____

Email _____

May we have your permission to use your comments and name in future publicity about our programs?

Yes No If yes, please sign here _____

Thank you for completing this evaluation.

***You must email or fax these pages:
Answer Sheet, Course Evaluation, and Certificate Information.***

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Bodyweight Corrective Exercises Certificate Information

- Legibly print your name as you would like it to appear on your Certificate of Achievement.
- Place a check mark next to each of the certification(s) you are renewing. This information is
- Necessary for you to receive a Certificate of Achievement.
- Return only the Exam Answer Sheet(s), Course Evaluation, and Certificate Information.
- Use black ink when faxing.
- Fax or email to: (604) 677-5425 / support@ExercisesForInjuries.com
- Keep a copy of your Certificate of Achievement for your records.

Name _____

Title/Occupation _____

Address _____

City _____ State/Prov _____ Zip _____ Country _____

Phone () _____ Email _____

Have you changed your address since you purchased this course? Yes / No

√	CECs	Certification	Association
	0.4	NSCA	National Strength & Conditioning Association
	2.0	BCRPA	British Columbia Recreation & Parks Association
	2.0	BCAK	British Columbia Association of Kinesiologists

If your association has not pre-approved this course, you may petition your association for the CECs.