Test Overview

18 Matching Questions
8 Multiple Choice
9 True/False

Key Terms – You should be able to define the following:

Push
Pull
Squat
Hinge
Loaded Carry
Rotation/Anti-Rotation

Ground Work

Key Concepts – You should be able to define, recognize, and apply the following concepts including being able to reproduce specifics and general terms for each subject.

Joint-by-joint approach
Tonic and Phasic Muscles
Warm-ups
Core Training
Foam Rolling
Movement Patterns