

NATIONAL ACADEMY OF SPORTS MEDICINE (NASM) PERFORMANCE ENHANCEMENT SPECIALIST (PES) CERTIFICATION PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

[https://nasm-
performanceenhancementspecialist.examzify.com](https://nasm-performanceenhancementspecialist.examzify.com)



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. During functional movements, which system provides stabilization and eccentric control of the core?**
 - A. Local Stabilization System
 - B. Global Stabilization System
 - C. Dynamic Stabilization System
 - D. Intrinsic Stabilization System
- 2. What is the term used for the technique that recruits local core stabilizers by pulling the navel in toward the spine?**
 - A. Core activation
 - B. Pelvic tilt
 - C. Drawing-in maneuver
 - D. Transverse contraction
- 3. Which of the following techniques should a coach teach an athlete who struggles with physiological anxiety in pressure situations?**
 - A. Visualization techniques
 - B. Breath control
 - C. Positive affirmations
 - D. Meditation exercises
- 4. An athlete with knee valgus during the overhead squat is at risk of what injury?**
 - A. Anterior cruciate ligament tear
 - B. Patellar tendinopathy
 - C. Meniscus injury
 - D. IT band syndrome
- 5. What outcome is most directly associated with proper post-exercise nutrition?**
 - A. Increased endurance
 - B. Muscle recovery and glycogen replenishment
 - C. Fat loss
 - D. Strength gains

- 6. When bracing is performed, which of the following has been activated?**
- A. Local stabilization system
 - B. Global stabilization system
 - C. Movement system
 - D. Peripheral stabilization system
- 7. Which of the following is a major benefit of the bent-knee achilles tendon stretch?**
- A. It increases flexibility in the hamstrings
 - B. It isolates the quadriceps muscles
 - C. The gastrocnemius and the soleus are both stretched
 - D. It targets the hip flexors
- 8. What does the all-or-none principle state?**
- A. Muscles contract partially in response to stimuli
 - B. Muscles will only contract if they are fatigued
 - C. When a muscle is stimulated, it contracts completely
 - D. Muscles can relax completely after a contraction
- 9. Which of the following inputs does the Human Movement System use to establish balance?**
- A. Proprioception
 - B. Vestibular
 - C. Visual
 - D. Auditory
- 10. What is the best method an athlete can use to enhance stability during training?**
- A. High-intensity intervals in a stable environment
 - B. Slow tempo in an unstable, but controlled, environment
 - C. Fast-paced agility drills on uneven surfaces
 - D. Strength training with free weights

Answers

SAMPLE

1. B
2. C
3. B
4. B
5. B
6. B
7. C
8. C
9. C
10. B

SAMPLE

Explanations

SAMPLE

1. During functional movements, which system provides stabilization and eccentric control of the core?

- A. Local Stabilization System
- B. Global Stabilization System**
- C. Dynamic Stabilization System
- D. Intrinsic Stabilization System

The Global Stabilization System is responsible for providing stabilization and eccentric control of the core during functional movements. This system includes muscles that help maintain balance and stability while allowing for movement of the limbs, effectively integrating the entire body during activities. This system primarily consists of larger muscle groups and integrates muscles from the extremities to the torso, ensuring the body can work as a cohesive unit. It plays a critical role in activities that require dynamic movement, ensuring that the core can stabilize against forces, particularly during movements that involve changes in direction or impact. The local stabilization system, while also important, focuses more on the stability at a more segmental level, primarily using deeper muscles to support the spine. The dynamic stabilization system involves a more active control of movement through muscle contractions but does not specifically emphasize the core's stabilization during functional movements. The intrinsic stabilization system is less commonly defined or used in practical contexts, making it a less relevant choice for this question.

2. What is the term used for the technique that recruits local core stabilizers by pulling the navel in toward the spine?

- A. Core activation
- B. Pelvic tilt
- C. Drawing-in maneuver**
- D. Transverse contraction

The correct term for the technique that recruits local core stabilizers by pulling the navel in toward the spine is known as the drawing-in maneuver. This technique is essential for engaging the transverse abdominis, which plays a vital role in stabilizing the pelvis and spine during various movements. When performing the drawing-in maneuver, the focus is on creating tension in the deeper core musculature, particularly by contracting the abdominal muscles inward. This not only aids in maintaining proper posture and pelvic alignment but also enhances overall core stability, which is crucial for athletic performance and injury prevention. Understanding this technique is important in the context of training because it lays the foundation for more complex exercises that rely on core stability. The drawing-in maneuver is often taught as a starting point for individuals learning to activate their core effectively.

3. Which of the following techniques should a coach teach an athlete who struggles with physiological anxiety in pressure situations?

- A. Visualization techniques
- B. Breath control**
- C. Positive affirmations
- D. Meditation exercises

Teaching breath control to an athlete who experiences physiological anxiety during high-pressure situations is particularly effective because it directly addresses the body's stress response. When individuals feel anxious, their breathing often becomes rapid and shallow, which can exacerbate feelings of panic and decrease performance. Breath control techniques help to activate the parasympathetic nervous system, promoting relaxation and stability in physiological responses. By incorporating breath control, athletes can learn to regulate their breathing patterns, which in turn can reduce heart rate and muscle tension. This calming effect contributes significantly to improved focus and mental clarity during competitive events. In addition, teaching breath control can be a practical and quick method to employ in the heat of the moment, providing athletes with an immediate tool to manage anxiety. While visualization techniques, positive affirmations, and meditation exercises are also beneficial for managing anxiety and enhancing performance, they may not directly influence physiological responses as effectively as breath control does. Visualization requires practice and a calm mindset to be effective, positive affirmations can take time to internalize and believe, and meditation typically requires dedication and time that may not be available immediately before or during competition. Therefore, breath control stands out as the most immediate and practical approach for managing physiological anxiety in high-pressure situations.

4. An athlete with knee valgus during the overhead squat is at risk of what injury?

- A. Anterior cruciate ligament tear
- B. Patellar tendinopathy**
- C. Meniscus injury
- D. IT band syndrome

When assessing movement patterns like the overhead squat, knee valgus—where the knees collapse inward during the squat—can indicate underlying issues with movement mechanics. This positioning can increase stress on the surrounding structures of the knee, particularly as the athlete performs dynamic movements. In the context of patellar tendinopathy, this condition is commonly associated with chronic overuse and stress on the patellar tendon, often occurring in athletes who participate in jumping and changing directions frequently. The inward collapse of the knees can lead to improper tracking of the patella, increasing tension on the tendon during activities. If the knee does not follow its natural alignment, it may cause excessive strain on the patellar tendon, potentially leading to inflammation and pain characteristic of patellar tendinopathy. The other potential injury options, while possible in different scenarios, are not as directly associated with a knee valgus position during the squat. For instance, an anterior cruciate ligament (ACL) tear does relate to dynamic knee positioning, but is more directly influenced by factors such as directional changes and landing mechanics. Similarly, while meniscus injuries and IT band syndrome can occur in the context of knee misalignment, they do not share the same direct correlation with the valgus movement pattern seen during the overhead squat.

5. What outcome is most directly associated with proper post-exercise nutrition?

- A. Increased endurance
- B. Muscle recovery and glycogen replenishment**
- C. Fat loss
- D. Strength gains

Proper post-exercise nutrition is fundamentally important for muscle recovery and glycogen replenishment, making it the most direct outcome associated with this phase of nutrition. After intense physical activity, the body experiences a depletion of glycogen stores—mainly in the muscles and liver—along with muscle damage and micro-tears that occur during exercise. Consuming the right nutrients after a workout, particularly carbohydrates and proteins, aids in replenishing these glycogen stores and facilitates the repair process of muscle tissues. Carbohydrates consumed post-exercise help restore glycogen levels, which is crucial for the recovery of energy levels and preparation for subsequent training sessions. Proteins are essential for repairing and rebuilding muscle fibers, promoting muscle protein synthesis. Together, these nutritional strategies help athletes recover more effectively, reduce the risk of injury, and enhance performance in future workouts. While other outcomes such as increased endurance, fat loss, and strength gains are valuable benefits of a well-structured training program and overall nutrition strategy, they are not as directly linked to the timing and composition of nutrients consumed immediately after exercise as muscle recovery and glycogen replenishment are.

6. When bracing is performed, which of the following has been activated?

- A. Local stabilization system
- B. Global stabilization system**
- C. Movement system
- D. Peripheral stabilization system

When bracing is performed, the global stabilization system has been activated, which is crucial for maintaining overall posture and stability during movement. This system includes various muscles that work together to provide support for the spine and pelvis during activities. Key muscles involved in this system include the quadratus lumborum, external obliques, and the latissimus dorsi, which contribute to the stabilization of the trunk and pelvis. Bracing typically involves engaging the core muscles and creating intra-abdominal pressure, which enhances stability throughout the body. This preparation helps to protect the spine and optimize performance in various movements. Understanding the role of the global stabilization system highlights its importance in maintaining proper structural alignment and functional capabilities during dynamic activities. Other systems, like the local stabilization system, focus more on supporting individual vertebrae and providing stability to specific joints, while the movement system is concerned with the actual movement of limbs and larger muscle groups. The peripheral stabilization system is not a recognized term within the NASM framework as it relates to stabilization, making the global stabilization system the most accurate choice in this context.

7. Which of the following is a major benefit of the bent-knee achilles tendon stretch?

- A. It increases flexibility in the hamstrings
- B. It isolates the quadriceps muscles
- C. The gastrocnemius and the soleus are both stretched**
- D. It targets the hip flexors

The major benefit of the bent-knee Achilles tendon stretch is that it effectively stretches both the gastrocnemius and the soleus muscles. This stretch is particularly advantageous because it targets both muscles, which are part of the calf complex but have different roles and attachment points. When the knee is bent during this stretch, the gastrocnemius, which crosses both the knee and ankle joints, is put in a position that reduces its tension, allowing the soleus—located beneath the gastrocnemius and only spanning the ankle joint—to be more effectively elongated. This dual-stretching approach contributes to enhanced flexibility and can be beneficial for various activities, particularly those involving the lower body. Other options, such as those focusing on flexibility in the hamstrings or isolating the quadriceps muscles, do not directly relate to the benefits of the bent-knee Achilles tendon stretch. Similarly, targeting the hip flexors is outside the scope of what this specific stretch accomplishes, as its primary focus lies in the calf muscles.

8. What does the all-or-none principle state?

- A. Muscles contract partially in response to stimuli
- B. Muscles will only contract if they are fatigued
- C. When a muscle is stimulated, it contracts completely**
- D. Muscles can relax completely after a contraction

The all-or-none principle refers to the way muscle fibers respond to stimulation. When a muscle fiber receives a stimulus that reaches a certain threshold, it will contract fully. This means that the muscle does not contract partially; if the stimulus is below the threshold, there is no contraction at all. This principle emphasizes that muscle fibers operate in a manner similar to an electrical switch—when activated, they either deliver a full contraction or none at all. While muscles can have varying degrees of tension through the recruitment of multiple fibers and varying frequencies of stimulation, the principle applies to individual muscle fibers themselves. The idea that muscles can contract only if they are fatigued is misleading because contraction can occur in a fatigued state, but it does not hinge on fatigue as a prerequisite. The notion that muscles relax completely after a contraction is also true in general terms but does not specifically address the essence of the all-or-none principle. Hence, the correct understanding of the principle is that when a muscle is adequately stimulated, it contracts completely, which aligns with the correct answer.

9. Which of the following inputs does the Human Movement System use to establish balance?

- A. Proprioception
- B. Vestibular
- C. Visual**
- D. Auditory

The Human Movement System relies on multiple input systems to establish balance, with proprioception, vestibular, and visual systems playing crucial roles. The visual input is particularly important for maintaining balance as it provides information about the body's position relative to the environment. The visual system helps the brain interpret spatial orientation by processing visual cues from the surrounding area. For example, when standing still or moving, visual information allows a person to adjust their posture and alignment in relation to objects and the ground. This information is continuously integrated with sensory data from other systems, allowing for effective movement control and coordination. While proprioception (the body's sense of position and movement) and the vestibular system (which provides balance and spatial orientation information based on inner ear signals) are also critical components, the question specifically asks about establishing balance inputs, highlighting the importance of visual cues as a primary factor in balance maintenance. Auditory input can play a role in situational awareness but is not a primary system for establishing balance in the same way that the other systems are.

10. What is the best method an athlete can use to enhance stability during training?

- A. High-intensity intervals in a stable environment
- B. Slow tempo in an unstable, but controlled, environment**
- C. Fast-paced agility drills on uneven surfaces
- D. Strength training with free weights

Enhancing stability during training is most effectively achieved through slow tempo exercises in an unstable but controlled environment. This method allows the athlete to engage stabilizing muscles that are crucial for maintaining balance and control. By performing movements slowly, the athlete can focus on proper technique and muscle activation without the distraction or stress of high intensity or rapid movements. This deliberate practice helps develop neural connections and strengthens the core and other stabilizing muscles, which are essential for overall stability. In an unstable environment, such as using a balance board or foam surface, the body is challenged to adapt to changes in position and maintain equilibrium. This creates a functional training effect where the athlete learns to stabilize their body in varied situations, which directly translates to improved performance in dynamic sports activities. The other methods, while beneficial for various aspects of training, do not prioritize stabilization to the same extent. High-intensity intervals tend to focus more on cardiovascular endurance and power rather than on the slow, controlled movements necessary for stability training. Fast-paced agility drills can build agility and speed but may not provide the focus needed on stability. Strength training with free weights is also valuable, but without the element of instability, the specific training effect on stabilizing muscles is limited compared to working in an unstable environment.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://nasm-performanceenhancementspecialist.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE