



## The Fundamentals of Corrective Exercise

The Fundamentals of Corrective Exercise teaches fitness professionals about the various types of corrective exercises that are most effective for addressing underlying movement dysfunction and limitations caused by common musculoskeletal imbalances.

### In this course you will learn:

- The types of exercises that can be used to improve common musculoskeletal imbalances
- What self-myofascial release techniques are and when to use them
- How stretching exercises can be used to increase mobility and range of movement
- How strengthening exercises should be introduced into corrective exercise programs to help clients move correctly and without discomfort
- Strategies for regressing and progressing exercises as appropriate to a person's abilities

### The Fundamentals of Corrective Exercise contains:

- *The Fundamentals of Corrective Exercise* digital text material
- *The Fundamentals of Corrective Exercise* videos
- *The Fundamentals of Corrective Exercise* online tests

The Fundamentals of Corrective Exercise is Module 3 of The BioMechanics Method<sup>®</sup> Corrective Exercise Specialist course available through NETA. It is available for purchase as a standalone course to enable students to learn about the types and uses of corrective exercises while also providing an affordable option for those interested in earning a Corrective Exercise Specialist credential (i.e., TBMM-CES). The remainder of the TBMM-CES course components, which are also available through NETA, includes:

- The Fundamentals of Structural Assessment
- Understanding Muscles and Movement
- The Complete Corrective Exercise Library
- Corrective Exercise Program Design

The BioMechanics Method<sup>®</sup> Corrective Exercise Specialist course is a step-by-step learning program. It is recommended that the course modules be completed in order to optimize the learning experience. If you choose to complete all five components of the program, you will receive a certificate signifying your competency as a Corrective Exercise Specialist from The BioMechanics Method.

This online course contains digital text material, step-by-step video instruction and demonstrations, self-check activities, and online tests. Online courseware is non-refundable. The digital text materials included with this course are not printable unless labeled as such.