
Can Fit Pro Practical Exam (58 Questions with 100% Correct Answers) 2024 Update.

1. Improper posture is caused by shortened muscles which leads to less ROM on movements and improper form - Correct answer Discuss how posture can effect attainment of goals
2. Slouching to one side could mean he has tight hip flexors or pre dominantly on one side, or carrying a bag on that side - Correct answer Educates client on possible causes of postural faults
3. Standing on dominate leg, could mean tight hip flexors, one side of body is more active during day to day life - Correct answer Identifies postural faults and affected structures in client
4. We will work on your hip flexors and abductors to further prevent this fault - Correct answer Discusses how postural faults will be addressed during in the clients program
5. Over squat test will test your upper and lower body mobility and posture control all at the same time. - Correct answer explains the functional relevance of chosen dynamic postural assessment
6. Your goal is getting stronger in squats, this will be an indicator whether you are able to perform full ROM without the compensation of other joints. - Correct answer relates the chosen dynamic postural assessment to client goals
 - Feet is shoulder width apart
 - grasp stick arms width apart
 - raise stick overhead until I see a slight arch
 - Now squat down while holding the stick overhead - Correct answer provides clear and thorough instructions about set up and procedure to client
7. With an elevation on your heel it will be easier to perform because of less dorsiflexion. - Correct answer correctly assesses relative success for each stage of assessment
8. Unable to keep the stick overhead, possibly because of tight SITS or T spine - Correct answer Identifies movement errors present
 - Score = 0
 - We will work on mobility exercises for your SITS and T spine - Correct answer Discusses results and how program will help client improve reassessment results

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