

Dan Baker - Exos Performance Specialist Exam

Description

Interested in becoming an Exos Performance Specialist? Available now, you can purchase the just the exam to test out of the course. The test is made up of 150 multiple-choice questions that must be completed within 240 minutes. The exam allows one retry. Once you begin the exam, you cannot stop. We recommend purchasing any modules that you may be unfamiliar with prior to the exam.

Topics included in the exam:

- Exos Training System
- Pillar Preparation
- Movement Preparation
- Plyometrics
- Acceleration
- Absolute Speed
- Multidirectional Speed
- Medicine Ball
- Strength/Power
- Energy Systems Development
- Regeneration
- Testing: FMS Integration
- Testing: Movement Skills
- Testing: Strength/Power
- Testing: ESD
- Nutrition
- Motivation Science
- Coaching Science
- Putting It All Together