Performance Enhancement Specialist (PES)

An elite training program for enhanced athletic performance, the NASM Performance Enhancement Specialist (PES) is designed for certified athletic trainers, chiropractors, physical therapists, coaches, and other sports professionals who want to work with competitive and recreational athletes at all levels.

Optimum Performance Training (OPT)

The OPT model serves as the foundation from which all other NASM programs and credentials are based.

OPT FEATURES:

• A comprehensive and systematic approach to health and fitness and proper fitness assessment, planning and execution.
• Critical components of training, including flexibility, cardiorespiratory, core, power, strength, speed, agility and quickness.
• An integrated total-body training program used for conditioning, rehabilitation and injury prevention.

Complete the NASM Performance Enhancement Specialist (PES)

• Designed for sports and conditioning coaches, certified athletic trainers, chiropractors, physical therapists, coaches, and other sports professionals working with athletes at all levels
• The preferred sports performance training credential of the National Basketball Athletic Trainers’ Association (NBATA)
• Based on the OPT model, proven to be safe and consistently deliver results
• Backed by scientific studies at the NASM Research Institute at University of North Carolina Chapel Hill
• Learn cutting-edge performance assessment techniques, sport-specific program design

Program Recognition & Differentiation

NASM provides partner institutions with academic solutions, robust instructor training, development, instructional resources and the educational support to take prospective students to schools, to careers and to their professional success in the growing health, fitness and sports medicine industry. For information on how to integrate the NASM solutions at your academic institution, contact the NASM Academic Advisory Team at 1.800.460.6276, option 5 or visit www.NASM.org/Academic.