

Module Ten

CSNA EXPERT ADVISORY BOARD



Advisor's Preface

I really enjoyed reading Module Ten: Screening & Diagnostic Tools. Cory struck a cord with me early in defining key terms and concepts. Defining the difference between a patient and a client was an important way to set the tone of this module. As a chiropractor building a wellness practice in a health-conscious city like Vancouver, Canada, I relate to the notion put forth that in clinical sports nutrition and in working with athletes in general, the majority of clients are relatively well, lean, fit and motivated to reach new levels. This population of clients are eager to learn, are inspired and high-spirited. Yet without a roadmap to better health, how is one expected to reach higher levels of health and performance? How does one reach these levels without first quantifying current health/performance status? That's exactly what Module Ten is all about.

Introducing health professionals to a variety of objective measures/parameters of fitness and health is very important. It's knowledge that will enable the individual to have vision towards reaching one's goals and new successes. For without an objective way of defining your current status, how is one to quantify

improvements? It's like defining your health according to how you feel without respect to how you function, as Cory so eloquently puts it. Health is more accurately defined as the presence of function, rather than the absence of disease or symptom. Cory hits on the importance of viewing structure and function within the human body. A fitness test puts an end to all speculation.

I really enjoyed the "Did You Know" sections within this module. They help stimulate thought and provoke additional interest. Special Guest Articles are also employed and are a great way to incorporate the expertise and perspective from other reputable sources. Where appropriate, Cory references material/content by adding supportive comment and confirmation to key topics/points. In a nutshell, objectivity means evidence and evidence is the reality to any individual's health and fitness status. With objective measures, one is more accurately able to set and reach attainable and meaningful fitness goals, having reference to past parameters for comparison.