



Secrets of the CSCS Exam Study Guide: CSCS Test Review for the Certified Strength and Conditioning Specialist Exam

CSCS Exam Secrets Test Prep Team

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Kindle Textbook Edition for Kindle Fire, iPad, iPhone, iPod, Android Tablet, Android Phone, PC, and Mac.

*****Includes Practice Test Questions*****

Get the test prep help you need to become a Certified Strength and Conditioning Specialist (CSCS).

The CSCS exam is extremely challenging and thorough test preparation is essential for success. *Secrets of the CSCS Exam Study Guide* is the ideal prep solution for anyone who wants to pass the CSCS exam.

Not only does it provide a comprehensive guide to the CSCS exam as a whole, it also provides practice test questions as well as detailed explanations of each answer.

Secrets of the CSCS Exam Study Guide includes:

- A thorough overview of the material tested on the Certified Strength and Conditioning Specialist Exam
- A detailed look at exercise science
- A complete analysis of nutrition
- An in-depth guide to exercise technique
- An extensive review of program design
- An examination of organization and administration
- A breakdown of testing and evaluation methods and strategies
- Comprehensive practice questions with detailed answer explanations

It's filled with the critical information you'll need in order to do well on the test: the concepts, procedures, principles, and vocabulary that the National Strength & Conditioning Association (NSCA) Certification Commission expects you to have mastered before sitting for the exam.

The Exercise science section includes:

- Exercise terminology
- BMI
- Males vs. Females
- Respiratory review
- Circulatory system

The Nutrition section includes:

- Six key nutrients
- Major minerals
- LDH vs. HDL
- Anorexia vs. bulimia

- Ergogenic aids
- Fluid intake recommendations

The Exercise technique section includes:

- Axial skeleton
- Appendicular skeleton
- Muscular system
- Gait cycle
- Sprint positioning
- Fitness tips
- Exercises

The Program design section includes:

- Circuit training
- Detraining
- Endurance
- Periodization
- The basics
- Order of exercises
- 1 Rep max

The Organization and administration section includes:

- Tanner's classification
- Client's history
- Injuries

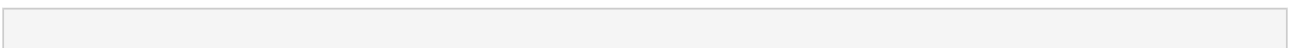
The Testing and evaluation section includes:

- Skill fitness
- Skill testing
- Key formulas
- Heart rate
- Testing flexibility

These sections are full of specific and detailed information that will be key to passing the CSCS exam. Concepts and principles aren't simply named or described in passing, but are explained in detail. The guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it. Because it's written with an eye for both technical accuracy and accessibility, you will not have to worry about getting lost in dense academic language.

Any test prep guide is only as good as its practice questions and answers, and that's another area where our guide stands out. Our test designers have provided scores of test questions that will prepare you for what to expect on the actual CSCS exam. Each answer is explained in depth, in order to make the principles and reasoning behind it crystal clear.

We've helped thousands of people pass standardized tests and achieve their education and career goals. We've done this by setting high standards for our test preparation guides, and our *Secrets of the CSCS Exam Study Guide* is no exception. It's an excellent investment in your future.



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Adria Jenkins:

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Jack Johnson:

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Charles Steen:

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Bruce Herrera:

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