



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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*****Includes Practice Test Questions*** Get the test prep help you need to be successful on the CSCS test.** The CSCS Exam is extremely challenging and thorough test preparation is essential for success. *CSCS Exam Secrets 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. *CSCS Exam Secrets Study Guide* includes:

- A thorough overview of the CSCS Exam
- A guide to exercise science
- An in-depth look at nutrition
- A breakdown of exercise technique
- An extensive review of the program design
- A full study of organization and administration
- An analysis of testing and evaluation
- 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 Conditioning Association (NSCA) Certification Commission expects you to have mastered before sitting for the exam. **The Exercise Science section covers:**

- Muscle fiber
- Protein myosin
- Joints
- Blood lactate
- Electrocardiogram
- Collagen
- Overtraining
- Mental imagery

The Nutrition section covers:

- DRI system
- Electrolytes
- Cell turnover
- Anorexia nervosa and bulimia nervosa
- EPO

The Exercise Technique section covers:

- Autogenic inhibition
- Mechanoreceptors
- Dynamic stretching
- Hold-relax with agonist contraction

The Program Design section covers:

- SAID
- Long-term planning
- Complex training model
- Stretch-shortening cycle
- Sprinting
- Overload
- Preparatory phase
- Neuromuscular control

The Organization and Administration section covers:

- Feasibility study
- Liability
- Negligence
- Eligibility criteria

The Testing and Evaluation section covers:

- Testing segments
- Aerobic capacity/power
- Difference score

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 *CSCS Exam Secrets Study Guide* is no exception. It's an excellent investment in your future.

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David Miller:

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Eric Kyler:

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Grace Smith:

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Marian Carson:

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