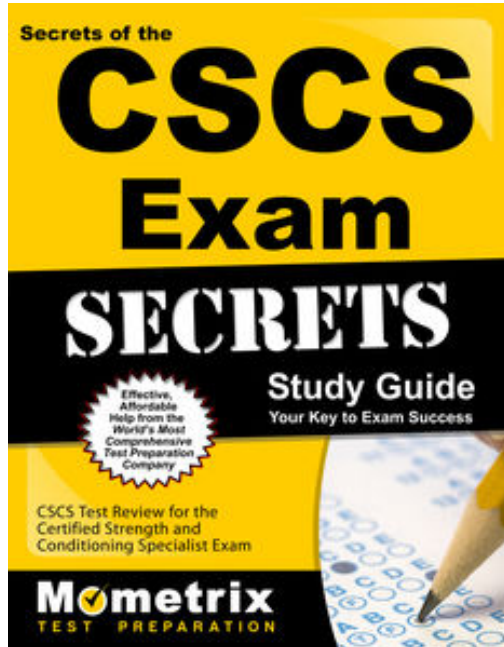


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CSCS Exam Study Guide includes:

A thorough overview of the CSCS Exam
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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

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

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.

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