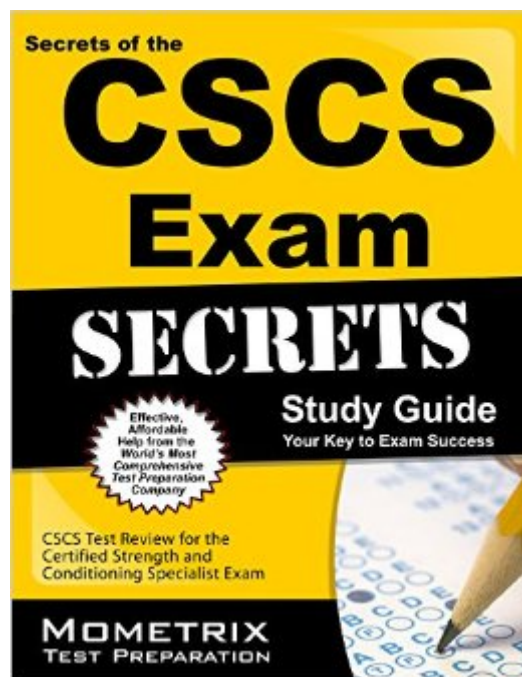


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# Secrets Of The CSCS Exam Study Guide: CSCS Test Review For The Certified Strength And Conditioning Specialist Exam



## Synopsis

\*\*\*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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## Customer Reviews

The book arrived quickly and in perfect condition, so kudos to the company. It appears that the study guide will be helpful in preparation of the examination, but that won't be determined until I actually take the exam and can reasonably assess how well the guide helped to prepare me. It does seem to be formatted in an easy to comprehend format, so I'll keep my fingers crossed!

The amount of information in here is extensive. Lots of descriptions and terms to absorb. I like the test questions and the fact that they give you a description of the answer and not just the answer itself.

This is a great guide to use to get ready for the CSCS exam. It's thorough, but also wide ranging, so you don't have to worry about important items and concepts being left out. If it isn't in here, the odds are very good that it probably won't be on the test. Of course, no book can cover every single item that could possibly appear on the test, but this book does a very good job of covering the relevant subject matter. And there's a good balance in the coverage, too â "minor topics are brought up and explained, but pages aren't spent on them, while major subjects are written about at length. One of the most effective methods of preparing for a test is to take a practice test, and this guide includes one. It might be a good idea to read over the practice test before even starting to read the guide itself, and then, after you've finished the book, actually sit down and take the practice test to measure your progress and diagnose any weak areas. The book

also features a lot of test taking strategies, like how to eliminate wrong answer choices when you're stumped, and raise your chances of choosing the correct answer by process of elimination. It's a well-rounded and well written book that can help you pass the CSCS exam.

Good idea, as books like these are needed, but very substandard execution... Given reasonably steep price, not exactly money well spent, I am afraid. Found some factual mistakes, not many but a few still (e.g. "exhaustion" is not a phase in GAS cycle according to this book [see p73] but it very clearly is according to official textbook [see p508] etc). On occasion, I found that in an attempt to define various concepts in a brief and concise manner, which is the whole purpose of this type of book, I suppose, the effort fell well short of the objective, I am afraid, these concepts were defined way better in the textbook and in a reasonably concise manner too. In fact, make it on more than on a few occasion...Certainly could be improved... Follows the old format of the exam too (4 choice questions, they are now 3 choice questions as of recently) - recent change, the publisher probably didn't have time to amend for this yet, but still a relevant point in decision-making process here. If you still feel you want to work through this book in preparation for your exam though, you will be well advised to do so after working through the official textbook first. There will be some benefit to it, marginal as it were, but not entirely useless. As for the value for money - see above.

From what I have gathered so far it is easy to read and I like that it has practice tests as well which will be very helpful. Shipping was super fast too, I will be looking to them for any future needs I have for books.

The overall concept is good, it has all the key vocabulary words with definitions and summarizes the main points of the textbook. The problem lies within the editing. It seems the book was published without a proof read. There are many spelling mistakes, some of the practice questions lack key info or list the wrong answer, and at some points it contradicts the NSCA textbook, leaving you confused. It has helped in my studies, but I don't think its worth the cost.

This book is really straight forward and goes into just enough depth. I really like the practical questions in the book which feel very realistic. Based on what i have read regarding the test, it uses a lot of practical questions so this book really makes me feel as if it is leading me in the right direction.

The product is a life saver for me. Not only did it save me money, but the breakdown of the materials that will be on the test saved me a wealth of time. I printed out all the important material and have been studying that non stop. Included with the purchase was some great bonus add ons that I found to be very helpful. In all I would recommend this product to a friend that is taking the exam because of the reasons explained above. Definitely, a 5 plus rating which in fact gives me the confidence to ace the CSCS test from your product. Thank you!

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