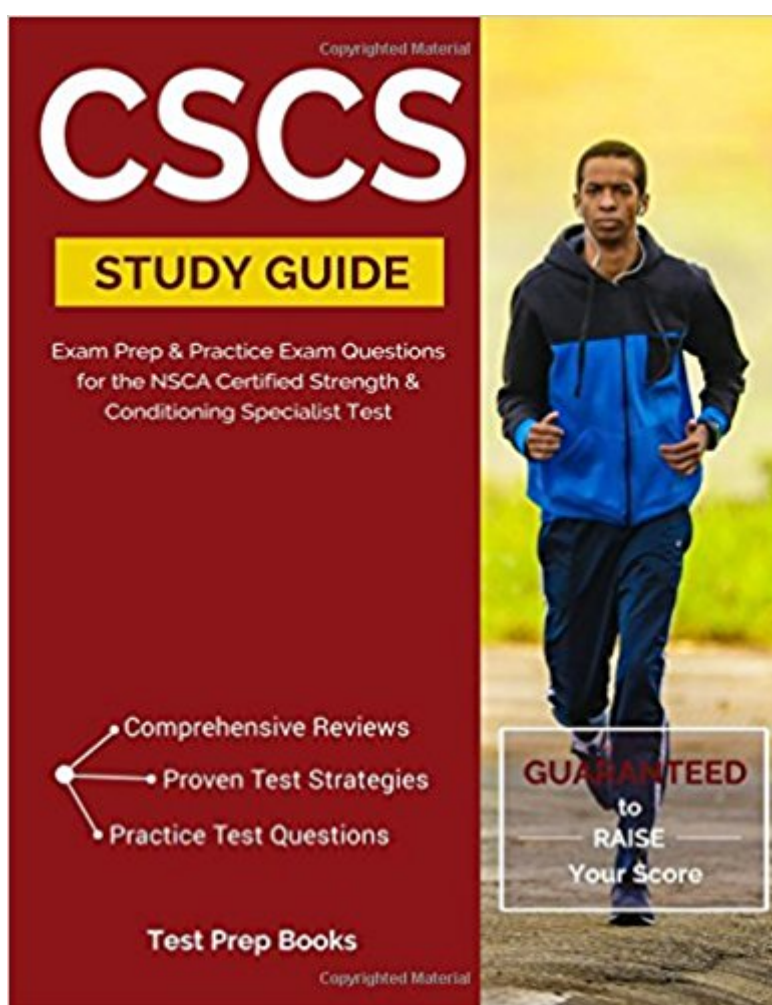


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# CSCS Study Guide: Exam Prep & Practice Exam Questions For The NSCA Certified Strength & Conditioning Specialist Test



## Synopsis

CSCS Study Guide: Exam Prep & Practice Exam Questions for the NSCA Certified Strength & Conditioning Specialist Test Developed for test takers trying to achieve a passing score on the CSCS exam, this comprehensive study guide includes: • Quick Overview • Test-Taking Strategies • Introduction to the CSCS exam • Exercise Sciences • Nutrition • Program Design • Organization and Administration • Practice Questions • Detailed Answer Explanations Each section of the test has a comprehensive review that goes into detail to cover all of the content likely to appear on the CSCS exam. The practice test questions are each followed by detailed answer explanations. If you miss a question, it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future. The answer explanations will help you to learn from your mistakes and overcome them. Understanding the latest test-taking strategies is essential to preparing you for what you will expect on the exam. A test taker has to not only understand the material that is being covered on the test, but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors. Anyone planning to take the CSCS exam should take advantage of the review material, practice test questions, and test-taking strategies contained in this study guide.

## Book Information

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## Customer Reviews

The format of the guide is great. I like how the guide is sectioned off per category and then has an immediate practice exam. Also the tips in the very beginning of the guide are great to help

rationalize questions and how to answer them... in a productive, academic fashion. Also, the book arrived ahead of time!

Took my CSCS exam last week and passed. Used this book as my main study guide as I had minimal time to study. Great book if you already have some anatomy and physiology background, along with some knowledge in exercise science. Book is organized well and the practice questions helped a lot.

My name is Joshua. I have the CSCS study guide and I think this study guide has been very resourceful for me. I would rate this study guide a 5 out 5. I think this study guide has helped me out a ton because it highlights the bigger picture that I need to know for this test. I also love the practice test because it has helped me focus more of my time on the areas where I was weak.

Very helpful!

Comprehensive and thorough to get you prepared for the CSCS exam. Read over the study guide before reviewing the book and which will pin point what areas you need to concentrate on before taking the study exam again.

I think this study guide was very effective. It is consistent with the material and provides some new ways of thinking about certain topics. It explains a lot of key concepts on information that is only necessary.

Well organized with simple yet important test taking strategies and some not so simple strategies that I have not heard. Well done study guide.

The test strategies were a nice addition. Test questions really helped direct where i needed to focus.

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