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CSCS Study Material Comparison Chart. This chart is a general comparison of the main study materials the NSCA recommends to help you prepare for the exam. This is not a comprehensive list. The Packages offered to provide the most relevant resources for exam preparation.

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Secrets of the CSCS Exam Study Guide: CSCS Test Review for the Certified Strength and Conditioning Specialist Exam This was also listed under books above. It is good overview of information and definitions and comes with an awesome practice exam.

NSCA CSCS Certification Exam: The Complete Guide

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The NSCA CSCS Examination Review and Study Guide eBook is designed to help strength coaches, athletic trainers, physical therapists, chiropractors, physicians, personal trainers, researchers, educators, and various other professionals prepare for the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist examination.

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In 1996, the NSCA-CPT became the first certified personal trainer program accredited by the NCCA. In 2014, the TSAC-F program was the first of its kind to earn NCCA accreditation. Through the accreditation process, the NSCA has demonstrated that the CSCS, NSCA-CPT, and TSAC-F programs meet or exceed NCCA Standards.

Become a Certified Strength and Conditioning Specialist

The CSCS exam contains non-scored questions that are being "pretested" or evaluated for future use. Including this type of question allows the CSCS Exam Development Committee to collect meaningful information about new questions that may appear as real scored questions on future exams.

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PREFACE! TheNationalStrengthandConditioning Association's(NSCA)CertifiedStrengthandConditioningSpecialist(CSCS)credential ...

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Luckily, the CSCS exam has an official reference text from the National Strength and Conditioning Association (NSCA). Essentials of Strength Training and Conditioning is the preparation text for the CSCS exam. If you have not done so already, please obtain and read this text.

CSCStestprep.com " Online NSCA CSCS Exam Review and Study

NSCA CSCS Exam Guide Certified Strength and Conditioning Specialists (CSCS) are fitness professionals who apply extensive scientific knowledge to train athletes with the goal of improving athletic performance.

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the CSCS Agency in 1985, later known as NSCA Certification Commission, to develop and administer a certification program for strength and conditioning professionals.

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The book includes a clear and rigorous explanation of the core science underpinning strength and conditioning techniques and gives a detailed, step-by-step guide to all of the key training methodologies, including training for strength, speed, endurance, agility, flexibility as well as plyometrics.

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