



# Secrets of the CSCS Exam Study Guide: CSCS Test Review for the Certified Strength and Conditioning Specialist Exam

By CSCS Exam Secrets Test Prep Team

Mometrix Media LLC. Paperback. Book Condition: New. Paperback. 164 pages. Dimensions: 11.2in. x 8.0in. x 0.5in. Includes Practice Test Questions Get the test prep help you need to become a Certified Strength and Conditioning Specialist (CSCS). The CSCS exam is extremely challenging and thorough test preparation is essential for success. Secrets of the CSCS Exam 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. Secrets of the CSCS Exam Study Guide includes: A thorough overview of the material tested on the Certified Strength and Conditioning Specialist Exam A detailed look at exercise science A complete analysis of nutrition An in-depth guide to exercise technique An extensive review of program design An examination of organization and administration A breakdown of testing and evaluation methods and strategies Comprehensive practice questions with detailed answer explanations Its filled with the critical information you'll need in order to do well on the test the concepts, procedures, principles, and vocabulary that the National Strength and Conditioning Association (NSCA) Certification Commission expects...



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