CERTIFIED STRENGTH AND CONDITIONING SPECIALIST® (CSCS®)

PRACTICE EXAM

REFERENCE UPDATE

VOLUME THREE

Developed by
NSCA Certification

AUGUST 2008

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REFERENCES FOR THE PRACTICE EXAM QUESTIONS

To help you study further after completing the Practice Exam, each question on the *Self-Scoring/Reference* sheets has references to other resources. Consult all resources for the most complete review.

***Essentials of Strength Training and Conditioning* Text (Third Edition)**

References made to this text can be found by looking up the specified chapter (Ch), page (P), column (c), and paragraph (p). The left column on a page is "c1," the right column is "c2," and the paragraphs are counted from top to bottom. (Each bullet, indented line, or sentence following a line space signifies a new paragraph. Also, a partial paragraph at the top of a column counts as a paragraph.) References to tables and figures are also included. For example, the reference shown on page 5 of this document for Practice Exam question #12 is:

Ch 10: P 212 c2p3 - P 213 c1p1

A discussion about the content tested in this question can be found in chapter 10, page 212, column two (right side), paragraph three through page 213, column one (left side), paragraph one.

CSCS Examination Content Description

Pages 33-35 contain a condensed version of the exam content outline found in the *CSCS Examination Content Description* booklet. Under each domain heading, there are sub-categories or objectives that describe duties a CSCS characteristically performs "on the job." Each question on the CSCS Practice Exam addresses one of these objectives and refers to the *CSCS Examination Content Description* outline by identifying the domain number, the sub-category letter (A, B, C, etc.), and the section abbreviation (SF or PA) in the "Outline" column on the *Self-Scoring/Reference* sheets. For example, Practice Exam question #18 has "1 C SF" in the "Outline" column. This question focuses on the objective described in domain one ("Exercise Sciences"), sub-category C of the Scientific Foundations (SF) section. To correctly answer this particular question, you must be able to "Understand the basic principles of biomechanics regarding exercise selection, execution and sport performance."

Realize that this Practice Exam does NOT cover all of the tasks presented in the *CSCS Examination Content Description* outline (mainly because there are three times more questions on the actual exam). As a result, the actual CSCS exam has questions about topics NOT addressed on the CSCS Practice Exam.

Essentials of Strength Training and Conditioning Symposium

The lecture-based workshop called the *Essentials of Strength Training and Conditioning Symposium* is designed to review relevant exercise science topics and strength and conditioning issues. The "Workbook" (or the Multimedia CDs [MM CDs], if you chose to obtain that product) is a set of outlines, figures, tables, and content questions for the lectures. The audio CDs that go with the *Symposium* Workbook (or the video presentations found on the MM CDs) are for individuals who cannot attend a 'live' symposium or desire an additional or repeated review of the material.

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References to the *Essentials of Strength Training and Conditioning Symposium* are listed by the title of the lecture that covers the topic of a Practice Exam question. Note that the symposium is only an overview of related information, NOT the specific content of an actual NSCA-CPT exam.

***Exercise Technique Manual for Resistance Training* and DVDs**

The *Exercise Technique Manual for Resistance Training* and DVDs relate to the "Exercise Technique" exam questions.

If you purchased the product, load DVD 1 or DVD 2 (refer to the self scoring/reference sheets to know which DVD to load) and use your remote to move through the exercise names until you find the appropriate exercise. As you watch a DVD, follow along with the exercise technique shown by referring to the accompanying manual.

***NSCA's Essentials of Personal Training* Text**

The *NSCA's Essentials of Personal Training* text (the primary book for the NSCA-CPT exam) contains content that is NOT covered in the *Essentials of Strength Training and Conditioning* text. Some candidates feel this information is helpful for preparing for the CSCS exam.

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CSCS PRACTICE EXAM SCIENTIFIC FOUNDATIONS
SELF-SCORING/REFERENCE SHEET – VOLUME THREE

Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	REFERENCES			
			Out-line	*Essentials of Strength Training and Conditioning* text (Third Edition)	*Essentials of Strength Training and Conditioning Symposium* presentation title	*Exercise Technique Manual for Resistance Training* and DVDs
1		D	1 A SF	Ch 4: P 68 Figure 4.1, P 78 c1p3		
3		D	1 A SF	Ch 4: P 68 Figure 4.1, P 77 c1p3	Biomechanical Principles	
5		C	1 D SF	Ch 5: P 104 c1p2, P 105 c1p2	Responses and Adaptations to Training	
6		A	1 I SF	Ch 18: P 493 c1p4 - c2p2, P 494 sidebar	Aerobic Exercise and Interval Training Prescription	
7		A	1 B SF	Ch 5: P 99 c1p1-3	Responses and Adaptations to Training	
9		A	1 I SF	Ch 5: P 99 c1p1-3	Responses and Adaptations to Training	
10		A	1 E SF	Ch 10: P 209 c2p3 - P 211 c1p1, P 210 Table 10.3, P 222 c1p2-3	Sports Nutrition Concepts and Applied Strategies	
11		B	1 C SF	Ch 4: P 67 c2p3; Ch 14: P 370 - 371 (exercise)	Free Weight and Machine Exercise Techniques	P 15 - 18, DVD 1
13		A	1 G SF	Ch 6: P 138 sidebar	Responses and Adaptations to Training	

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			Out-line	*Essentials of Strength Training and Conditioning* text (Third Edition)	*Essentials of Strength Training and Conditioning Symposium* presentation title	*Exercise Technique Manual for Resistance Training* and DVDs
14		C	1 A SF	Ch 1: P 7 Figure 1.5; Ch 4: P 77 Figure 4.12, P 78 c1p4; Ch 14: P 369 (exercise)	Free Weight and Machine Exercise Techniques	P 153 - 154, DVD 2
15		B	1 E SF	Ch 2: P 36 c1p2 - P 37 c2p1, P 37 Table 2.7	Bioenergetics of Exercise and Training	
16		D	1 H SF	Ch 6: P 131 c2p3		
18		A	1 C SF	Ch 17: P 467 Figure 17.8	Speed Development and Plyometric Training	
20		A	1 E SF	Ch 2: P 34 c2p3, Table 2.5	Bioenergetics of Exercise and Training	
22		D	1 J SF	Ch 8: P 166 c2p2		
23		B	1 C SF	Ch 15: P 400 c1p2 - P 404 c1p1	Resistance Training Exercise Prescription	
24		D	1 H SF	Ch 5: P 101 c1p2, P 102 c2p2, P 117 Figure 5.6	Responses and Adaptations to Training	
25		A	1 C SF	Ch 4: P 67 c2p3; Ch 14: P 352 - 353 (exercise)	Free Weight and Machine Exercise Techniques	P 22 - 25, DVD 1
26		C	1 F SF	Ch 1: P 15 c1p3 - c2p1	Structure and Function	
27		B	1 G SF	Ch 5: P 110 c1p3 - c2p1; Ch 6: P 123 c1p3 - c2p1	Structure and Function	
Total Correct: _____ / 20 for the EXERCISE SCIENCE domain						

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			Out-line	*Essentials of Strength Training and Conditioning* text (Third Edition)	*Essentials of Strength Training and Conditioning Symposium* presentation title	*Exercise Technique Manual for Resistance Training* and DVDs
2		B	2 A SF	Ch 10: P 219 c2p5 - P 220 c1p1, P 220 sidebar	Sports Nutrition Concepts and Applied Strategies	
4		A	2 B SF	Ch 10: P 212 c1p3, P 213 c1p2 - c2p4	Sports Nutrition Concepts and Applied Strategies	
8		C	2 B SF	Ch 10: P 208 c1p1-3	Sports Nutrition Concepts and Applied Strategies	
12		B	2 A SF	Ch 10: P 212 c2p3 - P 213 c1p1	Sports Nutrition Concepts and Applied Strategies	
17		C	2 D SF	Ch 9: P 190 c1p3 - c2p3		
19		B	2 A SF	Ch 10: P 211 c2p2	Sports Nutrition Concepts and Applied Strategies	
21		D	2 C SF	Ch 10: P 227 Figure 10.3, P 228 c1p1-14		
Total Correct: _____ / 7 for the NUTRITION domain						

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CSCS PRACTICE EXAM PRACTICAL/APPLIED
SELF-SCORING/REFERENCE SHEET – VOLUME THREE

Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	REFERENCES			
			Out-line	*Essentials of Strength Training and Conditioning* text (Third Edition)	*Essentials of Strength Training and Conditioning Symposium* presentation title	*Exercise Technique Manual for Resistance Training* and DVDs
29		B	1 B PA	Ch 16: P 418 Table 16.2, P 430 (exercise)		
32		A	1 A PA	Ch 14: P 356 - 357 (exercise)	Free Weight and Machine Exercise Techniques	P 38 - 40, DVD 1
34		A	1 A PA	Ch 14: P 326 c1p4 - c2p2, P 342 -343 (exercise)	Free Weight and Machine Exercise Techniques	P 72 - 74, DVD 2
36		C	1 A PA	Ch 14: P 330 c2p2-3, P 342 - 343 (exercise)	Free Weight and Machine Exercise Techniques	P 72 - 74, DVD 2
40		C	1 B PA	Ch 16: P 428 (exercise)		
41		D	1 E PA	In the *NSCA's Essentials of Personal Training* text: Ch 14: P 341 c2p4		
43		C	1 D PA		Measurement and Evaluation	
46		A	1 C PA	Ch 17: P 468 Table 17.1		
47		B	1 A PA	Ch 4: P 85 c1p2 - P 86 c1p3		

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			Out-line	*Essentials of Strength Training and Conditioning* text (Third Edition)	*Essentials of Strength Training and Conditioning Symposium* presentation title	*Exercise Technique Manual for Resistance Training* and DVDs
48		B	1 D PA	Ch 12: P 264 - 265 (procedure)	Measurement and Evaluation	
49		C	1 G PA	Ch 14: P 330 Figure 14.4, P 345 (procedure)	Free Weight and Machine Exercise Techniques	P 88 - 90, DVD 2
58		A	1 E PA	In the *NSCA's Essentials of Personal Training* text: Ch 14: P 338 c2p1		
64		C	1 F PA	Ch 13: P 313 (exercise)		
Total Correct: _____ / 13 for the EXERCISE TECHNIQUE domain						

30		B	2 I PA	Ch 4: P 87 sidebar, P 89 Figure 4.16; Ch 14: P 333 (exercise)		P 165, DVD 2
31		D	2 B PA	Ch 14: P 366 (exercise)		P 120 - 121, DVD 2
33		B	2 B PA	Ch 14: P 334, P 345 (exercises); Ch 15: P 387 c1p2	Free Weight and Machine Exercise Techniques	P 88 - 90, DVD 2 P 98 - 99, DVD 2
35		C	2 B PA	Ch 14: P 345 (exercise); Ch 15: P 387 Table 15.3	Free Weight and Machine Exercise Techniques	P 88 - 90, DVD 2
37		D	2 C PA	Ch 14: P 372-373 (exercise); Ch 15: P 390 c2p2 - P 391 c1p1	Free Weight and Machine Exercise Techniques	P 8 - 11, DVD 1

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			Out-line	*Essentials of Strength Training and Conditioning* text (Third Edition)	*Essentials of Strength Training and Conditioning Symposium* presentation title	*Exercise Technique Manual for Resistance Training* and DVDs
38		A	2 D PA	Ch 16: P 420 Table 16.3, P 435 (exercise)	Speed Development and Plyometric Training	
39		D	2 A PA	Ch 17: P 473 c2p3		
42		B	2 E PA	Ch 19: P 511 c1p3 - c2p1	Resistance Training Exercise Prescription	
45		B	2 H PA	Ch 19: P 509 c1p2	Resistance Training Exercise Prescription	
52		A	2 F PA	Ch 2: P 37 Table 2.7	Bioenergetics of Exercise and Training	
55		C	2 D PA	Ch 18: P 494 sidebar	Aerobic Exercise and Interval Training Prescription	
60		A	2 A PA	Ch 17: P 479 c1p3 - c2p3	Speed Development and Plyometric Training	
63		C	2 G PA	Ch 15: P 389 c2p2, P 390 Table 15.6	Resistance Training Exercise Prescription	
Total Correct: _____ / 13 for the PROGRAM DESIGN domain						

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			Out-line	*Essentials of Strength Training and Conditioning* text (Third Edition)	*Essentials of Strength Training and Conditioning Symposium* presentation title	*Exercise Technique Manual for Resistance Training* and DVDs
53		C	3 C PA	Ch 21: P 553 c1p3 - c2p4		
54		D	3 A PA	Ch 21: P 550 c2p3-8		
59		B	3 B PA	Ch 22: P 581 c1p3		
61		D	3 D PA	Ch 17: P 473 c2p4		
Total Correct: _____ / 4 for the ORGANIZATION/ADMINISTRATION domain						

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			Out-line	*Essentials of Strength Training and Conditioning* text (Third Edition)	*Essentials of Strength Training and Conditioning Symposium* presentation title	*Exercise Technique Manual for Resistance Training* and DVDs
28		D	4 A PA	Ch 12: P 267 (protocol)	Measurement and Evaluation	
44		B	4 B PA	Ch 11: P 245 c1p4 - c2p8	Measurement and Evaluation	
50		B	4 B PA	Ch 12: P 268 - 269 (protocol), P 288 Table 12.19	Measurement and Evaluation	
51		C	4 C PA	Ch 12: P 275 Table 12.1, P 278 Table 12.4, P 280 Table 12.8		
56		A	4 A PA	Ch 11: P 241 c2p3 - P 242 c1p1	Measurement and Evaluation	
57		A	4 B PA	Ch 12: P 264 (protocol)	Measurement and Evaluation	
62		D	4 B PA	Ch 12: P 276 Table 12.2, P 278 Table 12.4		
Total Correct: _____ / 7 for the TESTING/EVALUATION domain						

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