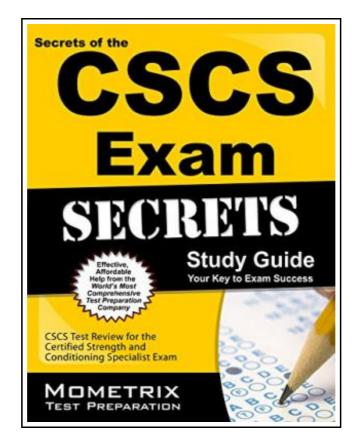
Secrets of the CSCS Exam Study Guide: CSCS Test Review for the Certified Strength and Conditioning Specialist Exam



Filesize: 9.19 MB

Reviews

I just started off looking at this pdf. Of course, it is perform, continue to an amazing and interesting literature. I realized this pdf from my dad and i recommended this book to understand. (Mrs. Ettie Berge)

SECRETS OF THE CSCS EXAM STUDY GUIDE: CSCS TEST REVIEW FOR THE CERTIFIED STRENGTH AND CONDITIONING SPECIALIST EXAM



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 youll 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 you to have mastered before sitting for the exam. The Exercise science section includes: Exercise terminology BMI Males vs. Females Respiratory review Circulatory system The Nutrition section includes: Six key nutrients Major minerals LDH vs. HDL Anorexia vs. bulimia Ergogenic aids Fluid intake recommendations The Exercise technique section includes: Axial skeleton Appendicular skeleton Muscular system Gait cycle Sprint positioning Fitness tips Exercises The Program design section includes: Circuit training Detraining Endurance Periodization The basics Order of exercises 1 Rep max The Organization and administration section includes: Tanners classification Clients history Injuries The Testing and evaluation section includes: Skill fitness Skill...

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

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

Related Kindle Books



The Poems and Prose of Ernest Dowson

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in.The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The Poems And Prose Of Ernest Dowson by Ernest...

Save eBook »



The genuine book marketing case analysis of the the lam light. Yin Qihua Science Press 21.00(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2007-01-01 Pages: 244 Publisher: Science Press Welcome Our service and quality...

Save eBook »



Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and...

Save eBook »



Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: A Yak at the Picnic (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UKs best-selling...

Save eBook »



Scala in Depth

Manning Publications. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.2in. x 7.3in. x 0.8in.Summary Scala in Depth is a unique new book designed to help you integrate Scala effectively into your development process. By...

Save eBook »