

CSCS Exam Schedule

2008

Saturday, June 28

Vancouver, Washington
early registration deadline: April 18, 2008
registration cutoff: May 2, 2008

Wednesday, July 9

Las Vegas, Nevada
early registration deadline: May 2, 2008
registration cutoff: May 16, 2008

Saturday, July 12

Anchorage, Alaska
Boston, Massachusetts
Honolulu, Hawaii
early registration deadline: May 2, 2008
registration cutoff: May 16, 2008

Saturday, July 19

Wayne, New Jersey
early registration deadline: May 9, 2008
registration cutoff: May 23, 2008

Thursday, July 31

Alexandria, Virginia
early registration deadline: May 23, 2008
registration cutoff: June 6, 2008

Saturday, August 2

Boston, Massachusetts
Chicago, Illinois
Dallas, Texas
Denver, Colorado
New York, New York
Omaha, Nebraska
Orlando, Florida
Phoenix, Arizona
Raleigh, North Carolina
Salt Lake City, Utah
San Diego, California
Spokane, Washington
St. Louis, Missouri
Toronto, Ontario
Washington, DC
early registration deadline: May 23, 2008
registration cutoff: June 6, 2008

Saturday, September 6

Wichita, Kansas
early registration deadline: June 27, 2008
registration cutoff: July 11, 2008

Saturday, September 13

Oakland, California
early registration deadline: July 4, 2008
registration cutoff: July 18, 2008

Saturday, September 27

Abilene, Texas
early registration deadline: July 18, 2008
registration cutoff: August 1, 2008

Sunday, September 28

Oakland, California
early registration deadline: July 18, 2008
registration cutoff: August 1, 2008

Saturday, October 4

Atlanta, Georgia
Columbus, Ohio
Houston, Texas
Indianapolis, Indiana
Kansas City, Missouri
Los Angeles, California
Miami, Florida
Milwaukee, Wisconsin
Minneapolis, Minnesota
New Haven, Connecticut
Oklahoma City, Oklahoma
Philadelphia, Pennsylvania
Phoenix, Arizona
Portland, Oregon
Sacramento, California
early registration deadline: July 25, 2008
registration cutoff: August 8, 2008

Saturday, November 1

Rock Hill, South Carolina
early registration deadline: August 22, 2008
registration cutoff: September 5, 2008

Thursday, November 6

Beachwood, Ohio
early registration deadline: August 29, 2008
registration cutoff: September 12, 2008

CSCS Exam Schedule

2008

Saturday, December 6

Austin, Texas
Chicago, Illinois
Des Moines, Iowa
Los Angeles, California
Memphis, Tennessee
Miami, Florida
Montreal, Quebec
New York, New York
Pittsburgh, Pennsylvania
Providence, Rhode Island
Reno, Nevada
Richmond, Virginia
Salt Lake City, Utah
Seattle, Washington
Toronto, Ontario
Vancouver, British Columbia
early registration deadline: Sept. 26, 2008
registration cutoff: October 10, 2008

Saturday, December 20

Sacramento, California
early registration deadline: Oct. 10, 2008
registration cutoff: Oct. 24, 2008

2009

Saturday, February 7

Atlanta, Georgia
Houston, Texas
Las Vegas, Nevada
Los Angeles, California
New York, New York
Orlando, Florida
Phoenix, Arizona
Pittsburgh, Pennsylvania
San Francisco, California
Washington, DC
early registration deadline: Nov. 28, 2008
registration cutoff: December 12, 2008

*For a list of recently
added exam sites,
please visit our Web site at
www.nscac.org*

*Candidates residing outside of the
United States, Canada and
Puerto Rico may register at the
member price for the certification
exam.*

NSCA-CPT Exam Schedule

2008

Saturday, June 28

Bridgewater, Massachusetts
Vancouver, Washington
Wayne, New Jersey

early registration deadline: April 18, 2008
registration cutoff: May 2, 2008

Wednesday, July 9

Las Vegas, Nevada

early registration deadline: May 2, 2008
registration cutoff: May 16, 2008

Saturday, July 12

Anchorage, Alaska
Boston, Massachusetts
Honolulu, Hawaii

early registration deadline: May 2, 2008
registration cutoff: May 16, 2008

Sunday, July 13

New York, New York

early registration deadline: May 2, 2008
registration cutoff: May 16, 2008

Saturday, July 19

Gainesville, Florida

early registration deadline: May 9, 2008
registration cutoff: May 23, 2008

Thursday, July 31

Alexandria, Virginia

early registration deadline: May 23, 2008
registration cutoff: June 6, 2008

Saturday, August 2

Boston, Massachusetts
Chicago, Illinois
Dallas, Texas
Denver, Colorado
New York, New York
Omaha, Nebraska
Orlando, Florida
Phoenix, Arizona
Raleigh, North Carolina
Salt Lake City, Utah
San Diego, California
Spokane, Washington
St. Louis, Missouri
Toronto, Ontario
Washington, DC

early registration deadline: May 23, 2008
registration cutoff: June 6, 2008

Friday, August 8

Fife, Washington

early registration deadline: May 30, 2008
registration cutoff: June 13, 2008

Saturday, August 16

Lakewood, Colorado

early registration deadline: June 6, 2008
registration cutoff: June 20, 2008

Saturday, September 6

Pomona, California

early registration deadline: June 27, 2008
registration cutoff: July 11, 2008

Saturday, September 27

Abilene, Texas

early registration deadline: July 18, 2008
registration cutoff: August 1, 2008

Saturday, October 4

Atlanta, Georgia
Columbus, Ohio
Houston, Texas
Indianapolis, Indiana
Kansas City, Missouri
Los Angeles, California
Miami, Florida
Milwaukee, Wisconsin
Minneapolis, Minnesota
New Haven, Connecticut
Oklahoma City, Oklahoma
Philadelphia, Pennsylvania
Phoenix, Arizona
Portland, Oregon
Sacramento, California

early registration deadline: July 25, 2008
registration cutoff: August 8, 2008

Saturday, November 1

Rock Hill, South Carolina

early registration deadline: August 22, 2008
registration cutoff: September 5, 2008

Saturday, November 15

Lakewood, Colorado

early registration deadline: Sept. 5, 2008
registration cutoff: Sept. 19, 2008

Saturday, November 23

New York, New York

early registration deadline: Sept. 12, 2008
registration cutoff: Sept. 26, 2008

NSCA-CPT Exam Schedule

2008

Saturday, December 6

Austin, Texas
Chicago, Illinois
Des Moines, Iowa
Los Angeles, California
Memphis, Tennessee
Miami, Florida
Montreal, Quebec
New York, New York
Phoenix, Arizona
Pittsburgh, Pennsylvania
Providence, Rhode Island
Reno, Nevada
Richmond, Virginia
Salt Lake City, Utah
Seattle, Washington
Toronto, Ontario
Vancouver, British Columbia
early registration deadline: Sept. 26, 2008
registration cutoff: October 10, 2008

2009

Saturday, February 7

Atlanta, Georgia
Houston, Texas
Las Vegas, Nevada
Los Angeles, California
New York, New York
Orlando, Florida
Phoenix, Arizona
Pittsburgh, Pennsylvania
San Francisco, California
Washington, DC
early registration deadline: Nov. 28, 2008
registration cutoff: December 12, 2008

CSCS Exam Review Symposia

Exam Review Symposia

The Essentials symposia are intensive educational events designed to help attendees gain important knowledge in the respective fields of strength training and conditioning and personal training.

The symposia are especially beneficial for those who are working toward CSCS or NSCA-CPT certification, but are also useful to those who are already certified.

For individuals who are planning to take the CSCS or NSCA-CPT exam, the symposia serve as excellent reviews of major content areas related to the examinations. Please note, however, that the symposia by themselves are not intended to fully prepare candidates for the respective certification exams.

For a list of recently added exam sites, please visit our Web site at www.nscac.org

Essentials of Strength Training and Conditioning Symposium

Topics include:

Structure and function of the muscular, respiratory and cardiovascular systems

Biomechanical concepts

Responses and adaptations to training

Metabolic and nutritional aspects of exercise and training

Measurement and evaluation

Aerobic exercise and interval training prescription

Speed development and plyometric training

Anaerobic exercise prescription

Free weight and machine exercise

Techniques

2008

Oakland, California

Date: September 26-27, 2008

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