

## ***Essentials of Strength Training and Conditioning Multimedia Symposium CDs and Essentials of Personal Training Multimedia Symposium CDs***

### **FAQs**

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#### **What are the multimedia symposium CDs?**

The multimedia symposium CDs provide strength and conditioning and personal training professionals an opportunity to listen and follow along as internationally-recognized speakers lecture on the facts, concepts and theories relevant to the CSCS and NSCA-CPT exams. Each multimedia CD includes an interactive video and slide presentation that reflects what a person experiences at a live symposium, and a printable presentation outline accompanied by tables, figures and photos. Following each presentation, fitness professionals can assess their retention of the information through an interactive set of ten self-assessment questions written in the same style as actual CSCS and NSCA-CPT exam questions.

#### **What are the minimum system requirements to play the multimedia symposium CDs on my computer?**

##### PC/Processor:

- IBM or 100% compatible PC
- Pentium 600 MHz or equivalent

##### Operating System:

- Windows 98 Second Edition
- Windows 2000
- Windows Millennium
- Windows XP Home
- Windows XP Professional
- *Windows NT is NOT supported*
- *Mac OS is NOT supported*

##### Memory (RAM):

- 256 MB recommended; 512 MB or higher is preferred

##### Free Hard Disk Space:

- 250 MB

##### Additional:

- 24 speed CD ROM drive
- 16 bit sound card
- Super VGA monitor (minimum resolution: 800 x 600 pixels; optimum resolution: 1024 x 768 pixels)
- Speakers or headphones
- Internet connection

How much does it cost to purchase the multimedia symposium CDs?

	NSCA Member	Non-member
<i>Essentials of Strength Training and Conditioning Multimedia Symposium CDs</i>	\$134.95	\$199.95
<i>Essentials of Personal Training Multimedia Symposium CDs</i>	\$134.95	\$199.95

Are the multimedia symposium CDs required for the CSCS and the NSCA-CPT exams?

No. None of the exam preparation materials are REQUIRED in order to be successful on either exam. There have been many candidates who successfully prepared for an exam without using NSCA or NSCA Certification Commission resources. Individuals can still be effective in their exam preparation pursuits using other resources.

Do the multimedia symposium CDs cover the **same topics** as the symposium workbooks and audio CDs?

Yes.

Both products include the same number and the same titles of presentations; however, the presenters are not the same.

CSCS Topics

Structure and Function of the Muscular, Respiratory and Cardiovascular Systems (2 discs)  
Bioenergetics of Exercise and Training  
Biomechanical Principles  
Responses and Adaptations to Training  
Measurement and Evaluation (2 discs)  
Speed Development and Plyometric Training  
Free Weight and Machine Exercise Techniques  
Aerobic Exercise and Interval Training Prescription  
Resistance Training Exercise Prescription  
Sports Nutrition Concepts and Applied Strategies

NSCA-CPT Topics

Structure and Function of the Muscular, Respiratory and Cardiovascular Systems (2 discs)  
Anaerobic and Aerobic Training Adaptations  
Biomechanical Principles  
Client Consultation and Fitness Assessment (2 discs)  
Free Weight and Machine Exercise Techniques  
Aerobic Exercise Prescription (2 discs)  
Weight Training Exercise Prescription (2 discs)  
Nutrition and Weight Management Issues (2 discs)  
Training Special Populations, Part 1 (2 discs)  
Training Special Populations, Part 2  
Emergency and Legal Issues in Personal Training

*Note:* The symposium workbook and audio CDs and the multimedia symposium CDs cover the same special populations.

What do the multimedia symposium CDs contain that *is different than* the symposium workbooks and audio CDs? What are the enhanced features?

- “Talking head” video footage of all of the presenters giving their entire presentation (as if you were at a “live” symposium)
- Printable Adobe Acrobat® files of all of the presenters’ lecture outlines
- Auto-advancing PowerPoint® slides that add to the content found in all of the presentation outlines
- Clickable menus of all PowerPoint® slide titles to allow convenient navigation through each presentation
- Improved graphics of all of the tables, figures and photos shown in the presentation outlines
- Detailed explanations and video demonstrations of proper technique for more free weight and machine resistance training exercises
- Updated fitness testing protocols and norms
- Updated information on nutritional supplements
- Practice questions that are written in the same style and scope as actual CSCS and NSCA-CPT exam questions (110 questions for the “Essentials of Personal Training” multimedia symposium and 100 questions for the “Essentials of Strength Training and Conditioning” multimedia symposium)

Do the multimedia symposium CDs reflect the content that is covered on the exams?

Yes. The multimedia symposium CDs review the major content areas, scientific principles, concepts and theories relevant to the Certified Strength and Conditioning Specialist (CSCS) and NSCA-Certified Personal Trainer (NSCA-CPT) exams.

What are the advantages of using the multimedia symposium CDs to study for an exam versus using the symposium workbooks and audio CDs?

The multimedia symposium CDs offer visual learning cues through video footage of each presenter and self-advancing PowerPoint® slides that are **NOT** a part of the symposium workbook and audio CDs. Candidates who are better visual learners or are used to (or prefer) a classroom lecture environment will enjoy the “multimedia” experience of this new product.

How many hours of presentation content are included on the multimedia symposium CDs?

*Essentials of Strength Training and Conditioning Multimedia Symposium CDs*..... ~11 hours (12 CDs)  
*Essentials of Personal Training Multimedia Symposium CDs*..... ~15 hours (17 CDs)

Are the multimedia symposium CDs a replacement for other exam preparation materials?

No. The multimedia symposium CDs are a NEW exam preparation resource and are not meant to replace the symposium workbooks and audio CDs.

I already purchased the symposium workbook and audio CDs. Is that information out of date?

No. The information in the symposium workbook and audio CDs remains relevant to the current Certified Strength and Conditioning Specialist (CSCS) and NSCA-Certified Personal Trainer (NSCA-CPT) exams. *The multimedia symposium CDs contain enhanced information* on the major content areas, scientific principles, concepts and theories relevant to the exams.

I purchased the *Essentials of Strength Training and Conditioning, Second Edition* textbook -OR- I purchased the *NSCA's Essentials of Personal Training* textbook. How should I use the textbook in conjunction with the multimedia symposium CDs when studying for the exam?

The NSCA Certification Commission developed the “Essentials” texts to be the most comprehensive, all-in-one, “reference manuals” for candidates preparing for the Certified Strength and Conditioning Specialist (CSCS) or NSCA-Certified Personal Trainer (NSCA-CPT) exams. One suggestion is to experience the multimedia symposium CDs one at a time and then consult an “Essentials” text for an *in-depth* review of the major content areas, scientific principles, concepts and theories covered in that symposium presentation before moving on to the next multimedia CD. Used in this way, the “Essentials” texts serve as “encyclopedias” of the content discussed in the symposium presentations.

Will studying the multimedia symposium CDs fully prepare me for the exam?

Unfortunately, there is no definitive answer to this question. Exam candidates bring with them a unique knowledge base and initial level of preparation. Therefore, it is difficult to recommend a single reference that will, by itself, prepare each candidate to pass the exam. Ultimately, it will be each candidate's academic background, experience and test-taking abilities that dictate how effective his or her exam preparation materials are in promoting success on an exam.

While understanding the information presented in the exam preparation materials should certainly increase the likelihood of passing an exam, it does not guarantee a successful performance. The questions on the exams are developed from resources in addition to these materials. The primary reason for this is that the exams are based upon the specific job-related tasks of a Strength and Conditioning Specialist or a Personal Trainer. People who work in these two professions were surveyed to determine what they actually do and what they have to know to perform their respective jobs. It is important that information on the CSCS and NSCA-CPT exams assess competency in these areas, not the memorization of a textbook or other study materials.

### I attended a live symposium. Should I purchase the multimedia symposium CDs?

It is a candidate's preference if he/she should purchase the multimedia symposium CDs after attending a live symposium. The benefits of purchasing the multimedia symposium CDs include the immediate presence of the following at your fingertips:

- "Talking head" video footage of all of the presenters giving their entire presentation (as if you were at a "live" symposium)
- Auto-advancing PowerPoint® slides that add to the content found in all of the presentation outlines
- Clickable menus of all PowerPoint® slide titles to allow convenient navigation through each presentation
- Detailed explanations and video demonstrations of proper technique for more free weight and machine resistance training exercises
- Practice questions that are written in the same style and scope as actual CSCS and NSCA-CPT exam questions (110 questions for the "Essentials of Personal Training" multimedia symposium and 100 questions for the "Essentials of Strength Training and Conditioning" multimedia symposium)

### How do I use the **OTHER** exam preparation materials to prepare for the exam if I purchased the multimedia symposium CDs?

Because candidates with diverse backgrounds take the NSCA Certification Commission's exams, it is impossible to recommend one method that will prepare all individuals to pass the exam. An academic background in an exercise science/physiology, physical therapy or athletic training-related curriculum provides the ideal foundation from which a candidate may begin to prepare for a CSCS or NSCA-CPT exam. However, there are candidates wanting to sit for the CSCS or NSCA-CPT exam who do not have an exercise science-related degree but who do have a significant amount of professional experience.

For suggestions on how to use the NSCA Certification Commission's exam preparation materials to prepare for a CSCS or NSCA-CPT exam, visit [www.nasca-cc.org](http://www.nasca-cc.org), click on "Resource Center" and select "Downloads." There you can download and print documents that provide ideas to assist exam candidates in the studying process. Note, however, that the suggestions described in the documents should NOT be considered as the only method to prepare for an exam.

### How can I order the multimedia symposium CDs?

- Order online at [www.nasca-cc.org](http://www.nasca-cc.org).
- Call 888-746-2378 (toll-free within the U.S. and Canada) or 402-476-6669.