

# CSCS EXAMINATION REVIEW MATERIALS



**A. Essentials of Strength Training and Conditioning, Second Edition textbook:**

The second edition of *Essentials of Strength Training and Conditioning* includes 658 pages within 26 chapters. It is an invaluable resource for those needing additional preparation in exercise science-related content and concepts. Chapters are accompanied by a glossary of terms, chapter questions and references. This edition also contains more than 300 full-color photographs designed to provide a clear visual depiction of proper testing protocols, flexibility and plyometric and resistance training exercise techniques. This text is a must for any professional library. (\$63.00 USD)\*

**B. CSCS Exam Review Kit:** The kit includes (C) *Essentials of Strength Training and Conditioning Symposium* workbook and audio CDs, (D) *CSCS Exam Content Description* booklet, (E) *Free Weight and Machine Exercise Techniques* video, (F)

*Exercise Technique Checklist Manual* and (H) *CSCS Practice Exam, Volume 1* (booklet and video). **NOTE:** The kit does not include the *Essentials of Strength Training and Conditioning, Second Edition* textbook. (\$138.95 USD)\*

**C. Essentials of Strength Training and Conditioning Symposium workbook and audio CDs:** The workbook and 15 audio CDs review major content areas included in the *Essentials of Strength Training and Conditioning, Second Edition* textbook. This workbook includes outlines, figures and tables developed by symposium speakers along with glossaries of terms. (\$99.95 USD)\*

**D. CSCS Exam Content Description booklet:** This booklet provides a detailed listing of the major content areas in the CSCS exam and the specific knowledge and skills within each that are expected of strength and conditioning specialists. (\$17.95 USD)\*



**E. Free Weight and Machine Exercise Techniques video:** This 82-minute video shows the proper technique for 38 common weight training exercises (10 machine and 28 free weight exercises). It identifies the primary muscle groups involved and the correct grip, stance, body position and range of motion. It also provides tips for correcting errors and avoiding injury. Please make sure to indicate on the order form if you want the DVD or the VHS tape. **NOTE:** A PAL format videotape is also available. Please call the Products Department at ext. 109 or 116 for more information. (\$40.95 USD)\*

**F. Exercise Technique Checklist Manual:** Designed for use with the *Free Weight and Machine Exercise Techniques* video, this 68-page manual provides a detailed explanation of the techniques for the 38 commonly performed free weight and machine exercises shown in the video. Exercise information includes descriptions of joint actions, the muscles involved and spotting suggestions. (\$27.95 USD)\*

**G. Exercise Technique set:** Includes (E) *Free Weight and Machine Exercise Techniques* video and (F) *Exercise Technique Checklist Manual*. (\$59.95 USD)\*

While comprehension of the information presented in the review materials should certainly increase the likelihood of passing the CSCS certification examination, it does not guarantee a successful performance. The questions on the CSCS examination are developed from numerous resources in addition to these materials. **Please note that examination review materials are not included with registration for the CSCS exam.**

*\* Prices shown are for NSCA members. For nonmember pricing, refer to the order form on page 9.*

# CSCS EXAMINATION REVIEW MATERIALS



**H. CSCS Practice Exam, Volume 1:** Booklet and video. (\$31.95 USD)\*

**I. CSCS Practice Exam, Volume 2:** Booklet and video. (\$31.95 USD)\*

**J. CSCS Practice Exam, Volume 2:** Booklet only. (\$23.95 USD)\*

**K. CSCS Practice Exam set:** Includes (H) and (J). (two booklets and one video) (\$52.95 USD)\*

Available in *Volume 1* and *Volume 2*, the *CSCS Practice Exams* allow you to learn the nature and scope of the CSCS examination, experience the examination format, discover the level of difficulty of the questions and receive feedback on your level of preparedness before taking the actual examination. Each 64-question self-assessment closely parallels the format, content areas, types of questions and level of difficulty of the CSCS exam. They also identify where you can locate excerpts in the *Essentials of Strength Training and Conditioning, Second Edition* textbook that focus on the content covered in each question.

Like the actual exam, each *CSCS Practice Exam* includes an exam booklet and video. The video component includes questions that will help you assess your knowledge of exercise technique, anatomy and biomechanics. At the end of the booklet, a self-assessment profile enables you to identify your level of preparedness and a scoring form helps you to compare your results with statistically comparable scores required to pass the CSCS examination. Each of the two volumes contains entirely unique questions to provide maximum exposure to sample examination questions, but each of the volumes refers to the same *CSCS Practice Exam* video. NOTE: A PAL format videotape is also available.

## Online Resources

### *Online Practice Exams*

The CSCS and NSCA-CPT *Practice Exams* are also available online. This Web-based option allows candidates to complete the practice exams from anywhere in the world. Visit [www.nscacc.org](http://www.nscacc.org) to purchase the *Online CSCS* or *NSCA-CPT Practice Exams*.

[www.nscacc.org](http://www.nscacc.org)

Looking for additional resources to help you prepare for the CSCS or NSCA-CPT examination? Look no further than the official Web site of the NSCA Certification Commission, [www.nscacc.org](http://www.nscacc.org). You will find guidelines on how to prepare for the exam based on your educational background, an online shopping cart for exam review materials, the ability to register for the exam online (even on the exam registration cutoff date), sample exam questions and much, much more.

### *Human Kinetics*

For information on the HK Online Review Series, visit Human Kinetics Online Education Center at [nscacc.hkeducationcenter.com](http://nscacc.hkeducationcenter.com).

\* Prices shown are for NSCA members. For nonmember pricing, refer to the order form on page 9.

# CSCS REVIEW MATERIALS ORDER FORM

Phone in your order, mail/fax this form or visit [www.nasca-cc.org](http://www.nasca-cc.org) to place your order online. If mailing/faxing, mark the quantity of each item desired, fill out both sides of the form and send it with payment to the NSCA Certification Commission. If you have questions about the materials or international shipping options, contact the Products Department at ext. 109 or 116. **There is a tremendous savings (\$79.80 for members) when ordering the CSCS Exam Review Kit!**

	<i>Quantity Ordered</i>	<i>NSCA Member Price</i>	<i>Nonmember Price</i>	<i>Amount Due</i>
A. <i>Essentials of Strength Training and Conditioning, Second Edition</i> textbook .....	_____	\$63.00	\$70.00	\$ _____
B. CSCS EXAM REVIEW KIT .....	_____	\$138.95	\$229.95	\$ _____
C. <i>Essentials of Strength Training and Conditioning Symposium</i> workbook and audio CDs				
D. <i>CSCS Exam Content Description</i> booklet				
E. <i>Free Weight and Machine Exercise Techniques</i> video <input type="checkbox"/> DVD <input type="checkbox"/> VHS				
F. <i>Exercise Technique Checklist Manual</i>				
H. <i>CSCS Practice Exam, Volume 1</i> (booklet and video) <input type="checkbox"/> DVD <input type="checkbox"/> VHS				
C. <i>Essentials of Strength Training and Conditioning Symposium</i> workbook and audio CDs .....	_____	\$99.95	\$149.95	\$ _____
D. <i>CSCS Exam Content Description</i> booklet .....	_____	\$17.95	\$29.95	\$ _____
E. <i>Free Weight and Machine Exercise Techniques</i> video .....	_____	\$40.95	\$61.95	\$ _____
<input type="checkbox"/> DVD <input type="checkbox"/> VHS				
F. <i>Exercise Technique Checklist Manual</i> .....	_____	\$27.95	\$41.95	\$ _____
G. <i>Exercise Technique</i> set (E and F) .....	_____	\$59.95	\$87.95	\$ _____
<input type="checkbox"/> DVD <input type="checkbox"/> VHS				
H. <i>CSCS Practice Exam, Volume 1</i> (booklet and video) .....	_____	\$31.95	\$39.00	\$ _____
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I. <i>CSCS Practice Exam, Volume 2</i> (booklet and video) .....	_____	\$31.95	\$39.00	\$ _____
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J. <i>CSCS Practice Exam, Volume 2</i> (booklet only) .....	_____	\$23.95	\$28.95	\$ _____
K. <i>CSCS Practice Exam</i> set* (two booklets and one video) .....	_____	\$52.95	\$64.00	\$ _____
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\* *The same Practice Exam video is used for both Volume 1 and Volume 2*

<b>Shipping Rates</b>				<i>Total Amount Due for Materials:</i>	\$ _____
<i>Invoice Price</i>	<i>U.S.</i>	<i>Alaska, Hawaii, Canada, Puerto Rico</i>	<i>International</i>	<i>Shipping and Handling (see chart):</i>	\$ _____
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*The CSCS Review Materials Order Form is continued on the next page.*

# CSCS REVIEW MATERIALS ORDER FORM

Name \_\_\_\_\_ Membership Number (if applicable) \_\_\_\_\_

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## NOTES:

- Unless otherwise specified, materials are sent UPS Ground. Express shipping service available only in the continental U.S.
- Shipping internationally? International shipments are sent via DHL/Airborne Express or USPS Express Mail based on the destination country. Allow five to seven days for delivery. Contact the Products Department at ext. 109 or 116 or via e-mail at [products@nsca-cc.org](mailto:products@nsca-cc.org) for other options.
- Countries outside the U.S. may impose additional fees (customs, brokerage, etc.) on the incoming shipment that must be paid by the recipient. The NSCA Certification Commission is not responsible for excise taxes, custom fees or duties for items shipped outside the U.S.
- Purchase orders are not accepted.
- Prices are subject to change without notice.
- Returned merchandise will be accepted up to 30 days from the date of purchase. All materials returned must be in resale condition. We reserve the right to refuse damaged merchandise. Customer is responsible for all return shipping charges.
- To receive member prices, contact the NSCA at 800-815-6826 to become a member or join online at [www.nsca-lift.org](http://www.nsca-lift.org). If you have not received your official NSCA membership number, your confirmation number can be used to obtain membership prices on materials.

## Four ways to order!



Call toll-free within the U.S. and Canada:  
**888-746-CERT (2378) or**  
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Fax both sides of this form and credit card  
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## Looking for additional guidance on review materials and/or suggestions on how to use them?

Visit [www.nsca-cc.org/downloads](http://www.nsca-cc.org/downloads) to find the downloadable file entitled "CSCS Exam Preparation Suggestions." This document offers flowcharts that provide suggestions on how to use the review materials to aid in preparation for the exam based on your educational background and experience. Although this document cannot guarantee successful completion of the exam, it is a helpful starting point for those who desire additional guidance on how to use the Commission's review materials to prepare for the exam. While comprehension of the information presented in the review materials should certainly increase the likelihood of passing the CSCS certification examination, it does not guarantee a successful performance. The questions on the CSCS examination are developed from numerous resources in addition to these materials.