

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.

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

2005

May 12-13

Bay City, Michigan
Location: Delta College
Contact: Kara Jimenez
karajimenez@alpha.delta.edu
Phone: 989-686-9286

July 16-17

Crystal Lake, Illinois
Location: McHenry County College
Contact: Bill Allerheilgen
ballerhe@mchenry.edu
Phone: 815-455-8753

July 21-23

Virginia Beach, Virginia
Location: Virginia Beach Higher Education Center
Contact Dr. Rodney Gaines
rogaines@nsu.edu
Phone: 757-823-8055

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

NSCA-CPT Exam Review Symposia

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Essentials of Personal Training Symposium

Topics include:

- Structure and function of the muscular, respiratory and cardiovascular systems
- Anaerobic and aerobic training adaptations
- Aerobic exercise prescription
- Weight training exercise prescription
- Orthopedic concerns in exercise
- Biomechanical concepts
- Emergency and legal issues in personal training
- Free weight and machine exercise techniques
- Client consultation and fitness assessment
- Training special populations
- Nutrition and weight management

2005

June 11-12

Portland, Oregon

Location: TBD

Contact: David Renne
advantageyou@comcast.net
Phone: 503-351-3536.

July 16-17

Crystal Lake, Illinois

Location: McHenry County College

Contact: Bill Allerheiligen
ballerhe@mchenry.edu
Phone: 815-455-8753

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