



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

By CSCS Exam Secrets Test Prep Team

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 you'll 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...



READ ONLINE
[2.18 MB]

Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- **Jamil Collins**

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- **Brian Bauch**