CERTIFIED STRENGTH AND CONDITIONING SPECIALIST® (CSCS®)

PRACTICE EXAM REFERENCE UPDATE

VOLUME TWO



Developed by NSCA Certification

AUGUST 2008

REFERENCES FOR THE PRACTICE EXAM QUESTIONS

To help you study further after completing the Practice Exam, each question on the Self-Scoring/Reference sheets has references to other resources. Consult all resources for the most complete review.

<u>Essentials of Strength Training and</u> <u>Conditioning Text (Third Edition)</u>

References made to this text can be found by looking up the specified <u>chapter</u> (Ch), <u>page</u> (P), <u>column</u> (c), and <u>paragraph</u> (p). The left column on a page is "c1," the right column is "c2," and the paragraphs are counted from top to bottom. (Each bullet, indented line, or sentence following a line space signifies a new paragraph. Also, a partial paragraph at the top of a column counts as a paragraph.) References to tables and figures are also included. For example, the reference shown on page 3 of this document for Practice Exam question #1 is:

Ch 1: P 6 c2pl - P 7 c1p2, P 7 Figure 1.5

A discussion about the content tested in this question can be found in chapter one, page 6, column two (right side), paragraph one to page 7, column one, paragraph two; and Figure 1.5 on page 7.

CSCS Examination Content Description

Pages 33-35 contain a condensed version of the exam content outline found in the CSCS Examination Content Description booklet. Under each domain heading, there are sub-categories or objectives that describe duties a CSCS characteristically performs "on the job." Each question on the CSCS Practice Exam addresses one of these objectives and refers to the CSCS Examination Content Description outline

by identifying the <u>domain number</u>, the <u>sub-category letter</u> (A, B, C, etc.), and the <u>section abbreviation</u> (SF or PA) in the "Outline" column on the *Self-Scoring/Reference* sheets. For example, Practice Exam question #1 has "1 A SF" in the "Outline" column. This question focuses on the objective described in domain one ("Exercise Sciences"), sub-category A of the <u>Scientific Foundations</u> (SF) section. To correctly answer this particular question, you must be able to "Understand muscle anatomy and physiology."

Realize that this Practice Exam does NOT cover <u>all</u> of the tasks presented in the *CSCS Examination Content Description* outline (mainly because there are three times more questions on the actual exam). As a result, the actual CSCS exam has questions about topics NOT addressed on the CSCS Practice Exam.

Essentials of Strength Training and Conditioning Symposium

The lecture-based workshop called the Essentials of Strength Training and Conditioning Symposium is designed to review relevant exercise science topics and strength and conditioning issues. The "Workbook" (or the Multimedia CDs [MM CDs], if you chose to obtain that product) is a set of outlines, figures, tables, and content questions for the lectures. The audio CDs that go with the Symposium Workbook (or the video presentations found on the MM CDs) are for individuals who cannot attend a 'live' symposium or desire an additional or repeated review of the material.

References to the Essentials of Strength Training and Conditioning Symposium are listed by the title of the lecture that covers the topic of a Practice Exam question. Note that the symposium is only an overview of related information, NOT the specific content of an actual NSCA-CPT exam.

Exercise Technique Manual for Resistance Training and DVDs

The Exercise Technique Manual for Resistance Training and DVDs relate to the "Exercise Technique" exam questions.

If you purchased the product, load DVD 1 or DVD 2 (refer to the self scoring/reference sheets to know which DVD to load) and use your remote to move through the exercise names until you find the appropriate exercise. As you watch a DVD, follow along with the exercise technique shown by referring to the accompanying manual.

NSCA's Essentials of Personal Training Text

The NSCA's Essentials of Personal Training text (the primary book for the NSCA-CPT exam) contains content that is NOT covered in the Essentials of Strength Training and Conditioning text. Some candidates feel this information is helpful for preparing for the CSCS exam.

CSCS PRACTICE EXAM <u>SCIENTIFIC FOUNDATIONS</u> SELF-SCORING/REFERENCE SHEET — VOLUME TWO

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Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	Out- line	Essentials of Strength Training and Conditioning text (Third Edition)	Essentials of Strength Training and Conditioning Symposium presentation title	Exercise Technique Manual for Resistance Training and DVDs		
1		С	l A SF	Ch 1: P6 c2p1 - P7 c1p2, P7 Figure 1.5	Structure and Function			
3		D	l H SF	Ch 6: P 132 - 133 Table 6.2	Responses and Adaptations to Training			
5		A	l G SF	Ch 6: P 134 clp2 - P 135 clp6, P 134 Table 6.3	Responses and Adaptations to Training			
7		С	l C SF	Ch 4: P 73 c2pl - P 75 c2pl	Biomechanical Principles			
9		D	l C SF	Ch 4: P 72 c2p4, P 73 Figure 4.10	Biomechanical Principles			
11		С	l J SF	Ch 8: P 165 clp3-10				
12		А	l D SF	Ch 5: P 104 c2p3 - P 105 c2p2, P 105 sidebar + key point	Responses and Adaptations to Training			
13		D	l G SF	Ch 1: P 17 clp2 - c2p1, P 18 c2p3 - P 19 c2p1	Structure and Function			
14		А	l E SF	Ch 2: P 36 c2p2 - P 37 c2p1, P 37 Table 2.7	Bioenergetics of Exercise and Training			
15		А	l E SF	Ch 2: P 37 Table 2.7; Ch 5: P 95 Table 5.1	Bioenergetics of Exercise and Training			
16		С	l E SF	Ch 2: P 32 c2p2	Bioenergetics of Exercise and Training			

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Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	Out- line	Essentials of Strength Training and Conditioning text (Third Edition)	Essentials of Strength Training and Conditioning Symposium presentation title	Exercise Technique Manual for Resistance Training and DVDs			
17		А	l F SF	Ch 3: P 53 c2p2 - 54 c1p6					
18		С	l I SF	Ch 7: P 143 clp2 - c2p3					
19		С	l C SF	Ch 20: P 531 c2p2 - P 532 c1p1					
21		А	l C SF	Ch 4: P 69 c2p3 - P 70 c1p1, P 70 Figure 4.4	Biomechanical Principles				
23		С	l B SF	Ch 1: P 9 clp2	Structure and Function				
24		С	l H SF	Ch 5: P 96 Table 5.2, P 117 Figure 5.6; Ch 6: P 128 Table 6.1	Responses and Adaptations to Training				
25		В	l A SF	Ch 4: P 78 clp4; Ch 14: technique: P 335	Free Weight and Machine Exercise Techniques	P 96 - 97, DVD 2			
26		В	l I SF	Ch 7: P 146 c2p3 - P 147 c2p2					
27		А	l A SF	Ch 1: P8clp3	Structure and Function				
	Total Correct: / 20 for the EXERCISE SCIENCE domain								

Total Correct: _____ / 20 for the EXERCISE SCIENCE domain

D "				REFERENCES				
Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	Out- line	Essentials of Strength Training and Conditioning text (Third Edition)	Essentials of Strength Training and Conditioning Symposium presentation title	Exercise Technique Manual for Resistance Training and DVDs		
2		В	2 D SF	Ch 9: P 195 clp4 - c2p2	Sports Nutrition Concepts and Applied Strategies			
4		В	2B SF	Ch 10: P 219 clp5	Sports Nutrition Concepts and Applied Strategies			
6		В	2 C SF	Ch 10: P 228 c2p2 - P 269 c1p1				
8		С	2 A SF	Ch 10: P 207 clp3	Sports Nutrition Concepts and Applied Strategies			
10		А	2 A SF	Ch 10: P 212 clp3	Sports Nutrition Concepts and Applied Strategies			
20		D	2 A SF	Ch 10: P 218 c1p2, P 220 sidebar	Sports Nutrition Concepts and Applied Strategies			
22		В	2B SF	Ch 10: P 224 clpl				
	Total Correct: /7 for the NUTRITION domain							

CSCS PRACTICE EXAM <u>PRACTICAL/APPLIED</u> SELF-SCORING/REFERENCE SHEET — VOLUME TWO

D	Progride			REFERENCES					
Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	Out- line	Essentials of Strength Training and Conditioning text (Third Edition)	Essentials of Strength Training and Conditioning Symposium presentation title	Exercise Technique Manual for Resistance Training and DVDs			
29		С	l B PA	Ch 16: technique: P 429 - 430					
31		В	l A PA	Ch 14: technique: P 366		P 120 - 121, DVD 2			
32		D	l A PA	Ch 14: technique: P 356 - 357	Free Weight and Machine Exercise Techniques	P 38 - 40, DVD 1			
34		D	l A PA	Ch 14: P 327 c1p2-8, technique: P 342 - 343	Free Weight and Machine Exercise Techniques	P 72 - 74, DVD 2			
36		D	l G PA	Ch 14: P 330 c2p3, P 330 Figure 14.4, technique: P 342 - 343	Free Weight and Machine Exercise Techniques	P 72 - 74, DVD 2			
38		В	l B PA	Ch 16: technique: P 432					
42		С	l D PA	Ch 12: P 264 (procedure)	Measurement and Evaluation				
43		А	l E PA	Ch 17: P 467 Figure 17.8	Speed Development and Plyometric Training				
45		А	l E PA	Ch 17: P 468 Table 17.1					
53		С	l F PA	Ch 13: P 301 c2p4 - P 303 c1p3, P 303 - 304 Figures 13.3 - 13.11					

Б				F			
Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	Out- line	Essentials of Strength Training and Conditioning text (Third Edition)	Essentials of Strength Training and Conditioning Symposium presentation title	Exercise Technique Manual for Resistance Training and DVDs	
55		А	l D PA	Ch 17: P 471 c2p5 - P 473 c1p2	Speed Development and Plyometric Training		
57		А	l A PA	Ch 14: technique: P 348		P 158 - 159, DVD 2	
62		А	l C PA	Ch 17: P 464 c1p3 - c2p2, P 464 Figure 17.5, P 465 Figure 17.7	Speed Development and Plyometric Training		
Total Correct: / 13 for the EXERCISE TECHNIQUE domain							

30	С	2 B PA	Ch 4: P 67 c2p3-4; Ch 14: technique: P 333		P 165, DVD 2
33	В	2 B PA	Ch 15: P 387 Table 15.3	Resistance Training Exercise Prescription	
35	В	2 B PA	Ch 15: P 387 clp2	Resistance Training Exercise Prescription	
39	D	2 A PA	Ch 17: P 473 c2p3		
40	С	2 G PA	Ch 16: P 418 Table 16.2		
48	В	2 D PA	Ch 15: P 394 c1p2-4, P 394 Table 15.7	Resistance Training Exercise Prescription	
50	С	2 E PA	Ch 15: P 406 clp3 - P 407 c2pl, P 406 Table 15.11	Resistance Training Exercise Prescription	
51	С	2 I PA	Ch 20: P 529 c1p2 - c2p2, Table 20.1		

D 11				F				
Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	Out- line	Essentials of Strength Training and Conditioning text (Third Edition)	Essentials of Strength Training and Conditioning Symposium presentation title	Exercise Technique Manual for Resistance Training and DVDs		
54		D	2 C PA	Ch 15: P 390 c2p1 - P 392 c1p2, P 393 (Table)	Resistance Training Exercise Prescription			
56		А	2 H PA	Ch 16: P 446 (technique); Ch 19: P 511 Table 19.1, P 512 clp2	Resistance Training Exercise Prescription			
58		А	2 F PA	Ch 18: P 498 Table 18.4, P 499 c2p2 - P 500 c1p1, P 500 (Table)	Aerobic Exercise and Interval Training Prescription			
60		A	2 D PA	Ch 18: P 493 c1p4 - c2p2, P 494 sidebar	Aerobic Exercise and Interval Training Prescription			
64		В	2 A PA	Ch 15: P 400 clp2 - P 404 clp1, P 401 Table 15.9	Resistance Training Exercise Prescription			
	Total Correct: / 13 for the PROGRAM DESIGN domain							

D ''			REFERENCES					
Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	Out- line	Essentials of Strength Training and Conditioning text (Third Edition)	Essentials of Strength Training and Conditioning Symposium presentation title	Exercise Technique Manual for Resistance Training and DVDs		
49		А	3 A PA	Ch 21: P 549 c2p8, P 550 c2p3 - P 551 c1p2				
52		В	3 C PA	Ch 21: P 554 c2p5, P 555 c1p2-3; Ch 22: P 576 c1p3 - c2p1, P 581 c1p3, P 584 - 585 Figure 22.9				
59		С	3 B PA	Ch 21: P 546 c2p3 - P 547 c2p1				
61		С	3 D PA	Ch 21: P 554 c2p6				
	Total Correct: / 4 for the ORGANIZATION/ADMINISTRATION domain							

D .:			REFERENCES					
Practice Exam Q#	YOUR ANSWER	CORRECT ANSWER	Out- line	Essentials of Strength Training and Conditioning text (Third Edition)	Essentials of Strength Training and Conditioning Symposium presentation title	Exercise Technique Manual for Resistance Training and DVDs		
28		С	4 B PA	Ch 11: P 239 clp7 - P 240 c2p1; Ch 12: P 267 (protocol)	Measurement and Evaluation			
37		D	4 B PA	Ch 11: P 245 clp4 - c2p8	Measurement and Evaluation			
41		А	4 B PA	Ch 12: P 250 clp3 - c2p2	Measurement and Evaluation			
44		D	4 A PA	Ch 11: P 245 clp4 - c2p8	Measurement and Evaluation			
46		А	4 C PA	Ch 12: P 276 Table 12.2, P 278 Table 12.4, P 290 Table 12.21				
47		В	4 A PA	Ch 11: P 243 Table 11.1, P 244 sidebar				
63		В	4 C PA	Ch 12: P 277 Table 12.3, P 282 Table 12.12				
	Total Correct: / 7 for the TESTING/EVALUATION domain							