

CSCS Exam Preparation Clinic Schedule

1.5 Day Schedule (A)

DAY 1		
SCIENTIFIC FOUNDATIONS	9:30-10:00	Check-in/Registration
	10:00-10:45	Introductions and Preparation Strategies
		EXERCISE SCIENCES
	10:45-11:35	<i>Anatomy & Physiology</i>
	11:35-12:35	<i>Bioenergetics & Metabolism</i>
	12:35-1:15	Lunch on Your Own
	1:15-1:45	<i>Neuroendocrine Physiology</i>
	1:45-2:50	<i>Biomechanics</i>
	2:50-3:00	Break
	3:00-4:30	<i>Training Adaptations</i>
	4:30-5:15	<i>Psychology of Athletic Preparation</i>
	5:15-6:30	NUTRITION
DAY 2		
PRACTICAL/APPLIED	8:00-9:20	TESTING AND EVALUATION
	9:20-9:30	Break
		EXERCISE TECHNIQUES (Lecture ONLY)
	9:30-10:00	<i>Warm-up, Flexibility, Aerobic Exercise Modes,</i>
	10:00-11:00	<i>Resistance Training</i>
	11:00-12:15	<i>Plyo's, Speed, and Agility</i>
	12:15-1:00	Lunch on Your Own
	1:00-1:30	<i>Alternative & Non-traditional Methods</i>
	1:30-2:50	PROGRAM DESIGN AND PERIODIZATION
	2:50-3:15	**ORGANIZATION AND ADMINISTRATION
	3:15-3:35	Review Q&A

**If lectures run over, this section will not be reviewed in whole.