

CSCS Exam Prep Live Clinic: 3-Day Schedule

Day 1	
	8:30-9:00 Check-in/Registration
	9:00-10:00 Introduction & Preparation Strategies
	EXERCISE SCIENCES
	10:00-11:15 <i>Anatomy & Physiology</i>
	Break
	11:25-12:45 <i>Bioenergetics & Metabolism</i>
	12:45-1:45 Lunch (provided)
	1:45-2:15 <i>Neuroendocrine Physiology</i>
	2:15-2:45 <i>Age and Sex Related Differences</i>
	2:45- 3:45 <i>Psychology of Athletic Preparation</i>
	Break
	4:00-5:00 <i>Biomechanics</i>
Day 2	
	8:00-8:45 <i>Training Adaptations - Anaerobic</i>
	8:45-9:30 <i>Training Adaptations - Aerobic</i>
	Break
	9:45 -11:15 NUTRITION
	11:15-11:45 Question & Answers
	11:45-12:45 Lunch (on your own)
P/A	12:45-3:00 TESTING & EVALUATION (Lecture)
	<i>Test & Eval (Practical) 2 people</i>
	3:00-3:45 <i>Warm-up, Flexibility, Exercise Modes</i>
	3:45-4:30 <i>Alternative Training & Nontraditional</i>

SCIENTIFIC FOUNDATIONS

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Day 3		
PRACTICAL/APPLIED	8:00-8:45	SCI FOUNDATION QUESTION REVIEW
		EXERCISE TECHNIQUE
	8:45 –10:45	<i>Resistance Training</i> (Lecture)
		<i>Resistance & Alt Trng</i> (Practical)
	10:45 –12:45	<i>Plyo's, Speed, Agility</i> (Lecture)
		<i>Plyo's, Speed, Agility</i> (Practical)
	12:45-1:45	Lunch (<i>on your own</i>)
	1:45-3:15	PROGRAM DESIGN & PERIODIZATION
		Break
	3:30-4:00	ORGANIZATION & ADMINISTRATION
	4:00-4:30	Final Discussion