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Personal trainers, power coaches, sports physiotherapists, sports coaches and others are trying to solve this exam to demonstrate advanced knowledge regarding training and science pertaining to athletes. The CSCS exam is notoriously difficult with a pass rate of around 56%. In this article I will give you tips and strategies on how to study and take the CSCS exam. The CSCS exam has two parts: 1) The Scientific Foundations Scientific Part of the foundations covers the main science of training with some nutrition. You need to understand topics such as muscle physiology, cardiac physiology, bioenergy, endocrinology, biomechanics, sports psychology and other things. Bioenergy can be one of the most complex scientific concepts of the foundation. I've already put this together in a 5-10 minute video to clarify what you need to know and how to actually apply it to athletes. Like CSCS, you should not have a skillset registered dietitian, but you should have a good understanding of concepts such as macronutrients, meal times, calorie calculations and eating disorders. 2) The practical application of the Practical Applied Section consists of exercise techniques, program development, organization and administration, as well as testing and evaluation. The test has photos and videos, so be prepared to make shape adjustments based on the image. Check out these two videos to review the most important practical applied concepts to know: periodization and work-to-rest ratio. NSCA CSCS Book first, I recommend reading the Basics strength training and conditioning tutorial. This is from the NSCA and much of the CSCS exam is based on this tutorial. It's pretty dense, being 600 pages long, but going through chapter after chapter notes, starting with the programming section, can make it a little easier. Taking notes, make sure you KNOW what you're recording! It's not pointless to try to remember the numbers if you don't know they treat athletes like this won't be you pass the test. Make sure you understand the nutrition concepts and physiology associated with yourself and the athletes, not just memorization. Planning your exam before/during your studies will help you with your responsibility with your studies. I organized a CSCS study calendar. If you're looking for the best CSCS study plan, I recommend downloading it here. If you're looking for additional training material with videos covering every topic in the calendar above, check out my Strength and Conditioning Training Course here. Recommended Study Timeline If you have experience in exercise, it may take you 2-3 months 5-10 hours of training per week. The calendar linked above can be a good option for you to follow. If you don't have any experience in physical education, the study may take 6-8 months, and you may need to extend the calendar study time, like above. If you work full time with no exercise science experience, it can be a process that lasts 1 year, but don't despair! You have to start somewhere and you will be grateful that you did it. To be most prepared, consider doing strength and conditioning internships or shade for at least 3-4 months and 4-6 months of training. Exercise science degree is not currently required to become CSCS, but will help in terms of having prior knowledge of kinesiology, biology and physiology. Having experience in personal training, strength and conditioning, writing programs, and being able to adjust the form with exercises can all help with the practical part of applying this exam. Bonus tips and your next steps 1) Join the research team to increase your accountability. Join the strength and conditioning group on Facebook here. 2) Use Google and YouTube to learn one specific topic at a time, and make sure you really understand it. Subscribe to the traffic system on YouTube for the CSCS study video. 3) Track your macros to better understand the macronutrient calculations mentioned in the Essentials of Strength Training and Conditioning tutorial using the MyFitnessPal app. 4) Follow the strength and conditioning program to understand progression, periodization and volume. You can email a strong trainer and ask for a program to follow, or download the free Excel program here. 5) Check practice! Click here for the 101 issue of the practice test I recommend. Click here for YouTube practice questions. Need help? I have created a video-based Strength and Conditioning Training Course for those who do not exercise a science background or those who want to brush up on their knowledge of exercise science and practical application material. It includes guided lectures and quizzes on each topic, includes practical questions and bonus information. Check it out here for more information. This is not affiliated with the NSCA and has only educational purposes. Are you already CSCS and want to take your education to the next level? Check out our online course, The Barbell Rehab Workshop, earn 0.8 0.8 CEUs, and learn how to work with customers who have pain or mobility limitations. Studying for the NSCA CSCS exam in 2020? Congratulations and welcome to CSCS Test Prep. I've been helping people pass the CSCS exam since 2012. I think you'll agree with me when I say: I'm also quite sure that you have a much better thing to do with your money than to retake the CSCS exam, and for that reason, I created CSCSTestPrep.com, and the NSCA CSCS Exam Review and Research Guide. On CSCS Test Prep, you can find everything you need to help you earn your NSCA CSCS credentials. I will provide an overview of exam content, practical questions, and recommend training guides to help you succeed. If you don't know what to do next, please click on the link below so I can start to help you. While an exercise degree provides the perfect background from which a candidate can begin to prepare for the CSCS exam, a significant number of candidates take the exam from non-exercise backgrounds. Fortunately, the CSCS exam has an official reference text from the National Association of Strength and Conditioning (NSCA). The basics of strength training and conditioning is the preparation of the text for the CSCS exam. If you haven't already, please receive and read this text. Let me be clear, for most candidates, regardless of academic education, it would be unwise to sit for this exam without first reading the Basics of Strength Training and Conditioning. To learn more about this text, please click here. Please find frequently asked questions to answer general questions about CSCS. Good luck to all test takers, Ryan Grella To learn more about Ryan Grella please see below. This is a suggested package if you have an experience or degree in the field or just want basic tutorials. Member Price: \$258 Not Member Price: \$313 Research Now this package is valued at \$347 and includes: Basics of Strength Training, 4ed CSCS Guide to Study over 200 Practical Issues This package is perfect for a candidate who is new to the field, has no experience in this area, or just wants all the training materials the NSCA provides. Member Price: \$472 Non-member Price: \$532 Research Now this package is priced at \$591 and includes: Basics strength training, 4ed Exercise Technique Guide, 3ed CSCS Guide to Study Over 200 Practical Issues and More! This CSCS digital package helps candidates learn about the type, scope, and complexity of the questions on the CSCS certification exam. Member Price: \$162 Non-member Price: \$215 Research Now this package is valued at \$238 and includes: CSCS Research Guide Over 200 Online Practice Matters You can also order the training materials listed above a la carte here. 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