



CSCS EXAM CHANGES

Results of the Job Analysis Survey will be reflected on upcoming exams.



NSCA Certification recently conducted a Job Analysis Survey to revalidate the CSCS certification exam. As a result, the content weighting and scope of the knowledge, skills and abilities (KSAs) tested on the exam will change somewhat. The format of the exam you choose – Paper/Pencil or Computer-Based – and the date you plan to take the exam will determine which set of KSAs you will be tested on.

Please note that the changes in the exam primarily affect the distribution of questions across the content areas. The review materials you may have purchased are not out of date and still accurately reflect the content covered on the exam. **To see the changes in the question distribution in the content areas, refer to the content weighting charts below.** If you have any questions regarding the exam changes, please feel free to contact the NSCA Certification office at 800-815-6826 or 719-632-6722 or exams@nsca-lift.org.

**PAPER/PENCIL EXAM
BEFORE JUNE 1, 2008
OR
COMPUTER-BASED EXAM
BEFORE AUGUST 1, 2008**

CSCS SCIENTIFIC FOUNDATIONS		
DOMAIN	PERCENT OF EXAM SECTION	NUMBER OF QUESTIONS*
Exercise Sciences	72.5%	58
Nutrition	27.5%	22
TOTAL	100%	80

CSCS PRACTICAL/APPLIED		
DOMAIN	PERCENT OF EXAM SECTION	NUMBER OF QUESTIONS*
Exercise Technique	35.5%	39
Program Design	35.5%	39
Organization and Administration	9%	10
Testing and Evaluation	20%	22
TOTAL	100%	110

**Note: These numbers do not include the non-scored questions.*

CSCS SCIENTIFIC FOUNDATIONS		
DOMAIN	PERCENT OF EXAM SECTION	NUMBER OF QUESTIONS*
Exercise Sciences	71%	57
Nutrition	29%	23
TOTAL	100%	80

CSCS PRACTICAL/APPLIED		
DOMAIN	PERCENT OF EXAM SECTION	NUMBER OF QUESTIONS*
Exercise Technique	36%	39
Program Design	36%	40
Organization and Administration	10%	11
Testing and Evaluation	18%	20
TOTAL	100%	110

**PAPER/PENCIL EXAM
AFTER JUNE 1, 2008
OR
COMPUTER-BASED EXAM
AFTER AUGUST 1, 2008**

**Note: These numbers do not include the non-scored questions.*