

**CERTIFIED STRENGTH AND
CONDITIONING SPECIALIST®
(CSCS®)**

PRACTICE EXAM
REFERENCE UPDATE

VOLUME ONE



**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.

Essentials of Strength Training and Conditioning Text (Third Edition)

References made to this text can be found by looking up the specified chapter (Ch), page (P), column (c), and paragraph (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 4: P 67 c2p4

A discussion about the content tested in this question can be found in chapter four, page 67, column two (right side), paragraph four.

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 domain number, the sub-category letter (A, B, C, etc.), and the section abbreviation (SF or PA) in the "Outline" column on the *Self-Scoring/Reference* sheets. For example, Practice Exam question #1 has "1 C SF" in the "Outline" column. This question focuses on the objective described in domain one ("Exercise Sciences"), sub-category C of the Scientific Foundations (SF) section. To correctly answer this particular question, you must be able to "Understand the basic principles of biomechanics regarding exercise selection, execution and sport performance."

Realize that this Practice Exam does NOT cover all 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 SCIENTIFIC FOUNDATIONS
SELF-SCORING/REFERENCE SHEET – VOLUME ONE

| Practice Exam Q# | YOUR ANSWER | CORRECT ANSWER | REFERENCES | | | |
|------------------|-------------|----------------|------------|--|--|---|
| | | | Out-line | <i>Essentials of Strength Training and Conditioning</i> text (Third Edition) | <i>Essentials of Strength Training and Conditioning Symposium</i> presentation title | <i>Exercise Technique Manual for Resistance Training</i> and DVDs |
| 1 | | A | 1 C SF | Ch 4: P 67 c2p4 | Biomechanical Principles | |
| 2 | | C | 1 A SF | Ch 4: P 78 c1p2 - c2p1 | Biomechanical Principles | |
| 3 | | D | 1 E SF | Ch 2: P 36 c2p2 - P 37 c2p1, Table 2.7 | Bioenergetics of Exercise and Training | |
| 6 | | B | 1 I SF | Ch 7: P 151 c2p4 | | |
| 7 | | A | 1 G SF | Ch 6: P 128 c2p3 | Responses and Adaptations to Training | |
| 8 | | D | 1 A SF | Ch 1: P 7 c1p4 - P 8 c2p3, Figure 1.5 | Structure and Function | |
| 9 | | A | 1 E SF | Ch 2: P 34 c2p4 - P 35 c1p1, Table 2.5 | Bioenergetics of Exercise and Training | |
| 10 | | D | 1 J SF | Ch 8: P 166 c2p3 - P 167 c2p1 | | |
| 11 | | D | 1 B SF | Ch 1: P 9 c2p2 - P 10 c2p1, Table 1.1 | Structure and Function | |
| 12 | | D | 1 E SF | Ch 5: P 94 c1p1 - c2p1, Table 5.1 | Responses and Adaptations to Training | |
| 13 | | B | 1 C SF | Ch 4: P 78 c1p2 - c2p1, Figure 4.13 | | |

| Practice Exam Q# | YOUR ANSWER | CORRECT ANSWER | REFERENCES | | | |
|---|-------------|----------------|------------|--|--|---|
| | | | Out-line | <i>Essentials of Strength Training and Conditioning</i> text (Third Edition) | <i>Essentials of Strength Training and Conditioning Symposium</i> presentation title | <i>Exercise Technique Manual for Resistance Training</i> and DVDs |
| 14 | | C | 1 D SF | Ch 5: P 105 c1p2 | Responses and Adaptations to Training | |
| 16 | | B | 1 C SF | Ch 4: P 69 c2p2, P 70 c1p3 - c2p1, Figure 4.3 | Biomechanical Principles | |
| 17 | | B | 1 A SF | Ch 16: P 414 c1p1, P 415 c2p2 - P 417 c1p2, Table 16.1 | Speed Development and Plyometric Training | |
| 18 | | C | 1 F SF | Ch 3: P 53 c2p2 - P 54 c2p2 | | |
| 19 | | B | 1 H SF | Ch 5: P 96 Table 5.2, P 102 c2p2, P 113 sidebar, P 117 Figure 5.6; Ch 6: P 128 Table 6.1, P 129 c2p5 - P 130 c1p1 | Responses and Adaptations to Training | |
| 23 | | D | 1 I SF | Ch 5: P 94 c2p2 - P 101 c1p1 | Responses and Adaptations to Training | |
| 24 | | C | 1 H SF | Ch 5: P 115 Table 5.3; Ch 6: P 137 c1p3 - P 139 c1p1 | Responses and Adaptations to Training | |
| 25 | | D | 1 C SF | Ch 4: P 85 c1p2 - P 86 c1p3; Ch 14: P 328 c2p3 - P 329 c1p1 | Free Weight and Machine Exercise Techniques | |
| 27 | | B | 1 G SF | Ch 6: P 122 c1p3 - P 125 c1p3 | | |
| Total Correct: _____ / 20 for the EXERCISE SCIENCE domain | | | | | | |

| Practice Exam Q# | YOUR ANSWER | CORRECT ANSWER | REFERENCES | | | |
|--|-------------|----------------|------------|--|--|---|
| | | | Out-line | <i>Essentials of Strength Training and Conditioning</i> text (Third Edition) | <i>Essentials of Strength Training and Conditioning Symposium</i> presentation title | <i>Exercise Technique Manual for Resistance Training</i> and DVDs |
| 4 | | B | 2 A SF | Ch 10: P 212 c1p3 | Sports Nutrition Concepts and Applied Strategies | |
| 5 | | B | 2 B SF | Ch 10: P 221 c2p8 | Sports Nutrition Concepts and Applied Strategies | |
| 15 | | A | 2 A SF | Ch 10: P 207 c1p3 - c2p1 | Sports Nutrition Concepts and Applied Strategies | |
| 20 | | B | 2 A SF | Ch 10: P 218 c1p5 - c2p1 | | |
| 21 | | D | 2 D SF | Ch 9: P 188 c2p2 - P 189 c2p2 | | |
| 22 | | C | 2 C SF | Ch 10: P 202 c2p2 - P 203 c1p4, P 228 c1p16 - P 230 c1p2 | | |
| 26 | | A | 2 B SF | Ch 10: P 223 c2p1, Table 10.7 | | |
| Total Correct: ____ / 7 for the NUTRITION domain | | | | | | |

***CSCS PRACTICE EXAM PRACTICAL/APPLIED
SELF-SCORING/REFERENCE SHEET – VOLUME ONE***

| Practice Exam Q# | YOUR ANSWER | CORRECT ANSWER | REFERENCES | | | |
|------------------|-------------|----------------|------------|--|--|---|
| | | | Out-line | <i>Essentials of Strength Training and Conditioning</i> text (Third Edition) | <i>Essentials of Strength Training and Conditioning Symposium</i> presentation title | <i>Exercise Technique Manual for Resistance Training</i> and DVDs |
| 29 | | B | 1 B PA | Ch 16: technique: P 430 | | |
| 30 | | A | 1 A PA | Ch 14: technique: P 333 | | P 165, DVD 2 |
| 32 | | D | 1 A PA | Ch 14: technique: P 356 - 357 | Free Weight and Machine Exercise Techniques | P 38 - 40, DVD 1 |
| 34 | | C | 1 A PA | Ch 14: technique: P 342 - 343 | Free Weight and Machine Exercise Techniques | P 66 - 68, DVD 2 P 72 - 74, DVD 2 |
| 35 | | A | 1 A PA | Ch 14: P 326 c1p4 - c2p2, technique: P 345 | Free Weight and Machine Exercise Techniques | P 88 - 90, DVD 2 |
| 36 | | C | 1 G PA | Ch 14: P 330 c2p3, Figure 14.4 | Free Weight and Machine Exercise Techniques | P 72 - 74, DVD 2 |
| 38 | | A | 1 B PA | Ch 16: P 424 c1p2, Figure 16.6 | Speed Development and Plyometric Training | |
| 41 | | B | 1 E PA | Ch 16: P 421 Table 16.5 | | |
| 42 | | D | 1 D PA | Ch 17: P 472 c1p4-5 | | |
| 46 | | D | 1 C PA | Ch 17: P 467 c1p2 | | |

| Practice Exam Q# | YOUR ANSWER | CORRECT ANSWER | REFERENCES | | | |
|---|-------------|----------------|------------|--|--|---|
| | | | Out-line | <i>Essentials of Strength Training and Conditioning</i> text (Third Edition) | <i>Essentials of Strength Training and Conditioning Symposium</i> presentation title | <i>Exercise Technique Manual for Resistance Training</i> and DVDs |
| 49 | | B | 1 E PA | Ch 17: P 467 Figure 17.8 | | |
| 51 | | A | 1 D PA | Ch 17: P 472 c1p4-5 | Speed Development and Plyometric Training | |
| 59 | | C | 1 F PA | Ch 13: P 297 c2p3-4, P 299 c1p3-5, P 300 c1p2-3 | | |
| Total Correct: ____ / 13 for the EXERCISE TECHNIQUE domain | | | | | | |

| | | | | | | |
|----|--|---|-----------|--------------------------------|---|--------------------|
| 31 | | D | 2 B PA | Ch 14: technique: P 366 | | P 120 - 121, DVD 2 |
| 37 | | D | 2 D PA | Ch 15: P 401 c2p3 - P 404 c1p1 | | |
| 39 | | D | 2 A PA | Ch 17: P 473 c2p3 | | |
| 40 | | C | 2 G PA | Ch 16: P 418 Table 16.2 | | |
| 43 | | C | 2 I PA | Ch 20: P 531 c2p2 | | |
| 48 | | A | 2 C PA | Ch 15: P 390 c2p2 - P 391 c2p1 | Resistance Training Exercise Prescription | |
| 53 | | C | 2 F PA | Ch 15: P 389 c2p3 | Resistance Training Exercise Prescription | |

| Practice Exam Q# | YOUR ANSWER | CORRECT ANSWER | REFERENCES | | | |
|--|-------------|----------------|------------|--|--|---|
| | | | Out-line | <i>Essentials of Strength Training and Conditioning</i> text (Third Edition) | <i>Essentials of Strength Training and Conditioning Symposium</i> presentation title | <i>Exercise Technique Manual for Resistance Training</i> and DVDs |
| 55 | | A | 2 B PA | Ch 15: P 386 c2p2 - P 387 c1p1, Table 15.3 | Resistance Training Exercise Prescription | |
| 56 | | C | 2 D PA | Ch 15: P 394 c1p2-4, Table 15.7 | Resistance Training Exercise Prescription | |
| 61 | | A | 2 B PA | Ch 15: P 387 c1p2 | Resistance Training Exercise Prescription | |
| 62 | | B | 2 A PA | Ch 4: P 80 c2p4; Ch 14: P 328 c1p2 - c2p1; Ch 15: P 386 c2p1 | Resistance Training Exercise Prescription | |
| 63 | | A | 2 E PA | Ch 15: P 392 c2p5 - P 394 c1p1, P 405 c1p3 - c2p1 | Resistance Training Exercise Prescription | |
| 64 | | B | 2 H PA | Ch 19: P 509 c2p1-3 | Resistance Training Exercise Prescription | |
| Total Correct: ____ / 13 for the PROGRAM DESIGN domain | | | | | | |

| Practice Exam Q# | YOUR ANSWER | CORRECT ANSWER | REFERENCES | | | |
|--|-------------|----------------|------------|--|--|---|
| | | | Out-line | <i>Essentials of Strength Training and Conditioning</i> text (Third Edition) | <i>Essentials of Strength Training and Conditioning Symposium</i> presentation title | <i>Exercise Technique Manual for Resistance Training</i> and DVDs |
| 45 | B | | 3 B PA | Ch 22: P 571 c2p3 - P 574 c1p1 | | |
| 50 | B | | 3 A PA | Ch 16: P 425 c1p3 - c2p1 | Speed Development and Plyometric Training | |
| 57 | A | | 3 D PA | Ch 21: P 555 c1p4 - c2p9 (partial) | | |
| 60 | D | | 3 C PA | Ch 15: P 382 c2p2 - P 383 c1p4 | Resistance Training Exercise Prescription | |
| Total Correct: ____ / 4 for the ORGANIZATION/ADMINISTRATION domain | | | | | | |

| Practice Exam Q# | YOUR ANSWER | CORRECT ANSWER | REFERENCES | | | |
|---|-------------|----------------|------------|---|--|---|
| | | | Out-line | <i>Essentials of Strength Training and Conditioning</i> text (Third Edition) | <i>Essentials of Strength Training and Conditioning Symposium</i> presentation title | <i>Exercise Technique Manual for Resistance Training</i> and DVDs |
| 28 | | A | 4 A PA | Ch 12: P 267 (protocol) | Measurement and Evaluation | |
| 33 | | B | 4 A PA | Ch 15: P 395 c2p2 | Resistance Training Exercise Prescription | |
| 44 | | D | 4 B PA | Ch 12: P 277 Table 12.3, P 278 Table 12.4, P 280 Table 12.8 | | |
| 47 | | B | 4 B PA | Ch 12: P 271 c1p2, P 275 Table 12.1, P 278 Table 12.4, P 283 Table 12.13, P 290 Table 12.21, P 291 - 292 Table 12.22 | | |
| 52 | | B | 4 B PA | Ch 11: P 245 c1p4 - c2p8 | Measurement and Evaluation | |
| 54 | | D | 4 B PA | Ch 12: P 251 c2p4 - P 252 c1p1, P 263 (protocol) | Measurement and Evaluation | |
| 58 | | A | 4 C PA | Ch 12: P 275 Table 12.1, P 278 Table 12.4, P 283 Table 12.13, P 285 Table 12.16, P 290 Table 12.21, P 291 - 292 Table 12.22 | | |
| Total Correct: ____ / 7 for the TESTING/EVALUATION domain | | | | | | |