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CSCS Certified Strength and Conditioning Specialist C. P. T. Exam Prep Team, 2017-11-29

A concise study guide that highlights the information required to pass the CSCS Exam to become a certified strength conditioning coach. The content in this study guide is presented in an easy to read format that helps to comprehend and retain the information. This study guide is organized in the following six performance domains:

Domain	Percentage
Scientific Foundations	74%
Domain 1 Exercise Science	74%
Domain 2 Nutrition	26%
Recall	33%
Application	54%
Analysis	13%
Practical Applied	13%
Domain 1 Exercise Technique	35%
Domain 2 Program Design	35%
Domain 3 Organization Administration	12%
Domain 4 Testing Evaluation	18%
Recall	19%
Application	49%
Analysis	32%

Includes required information organized by domain to help comprehend and retain the information. Includes quick reference pages for Areas of Focus, Required Charts, Formulas, Conversions, and more. Includes 100 practice questions to further enhance knowledge and to have an idea of what the actual exam will look like. Includes detailed practice question answers with explanations on how the answers were obtained. Includes helpful reference links for additional study resources.

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