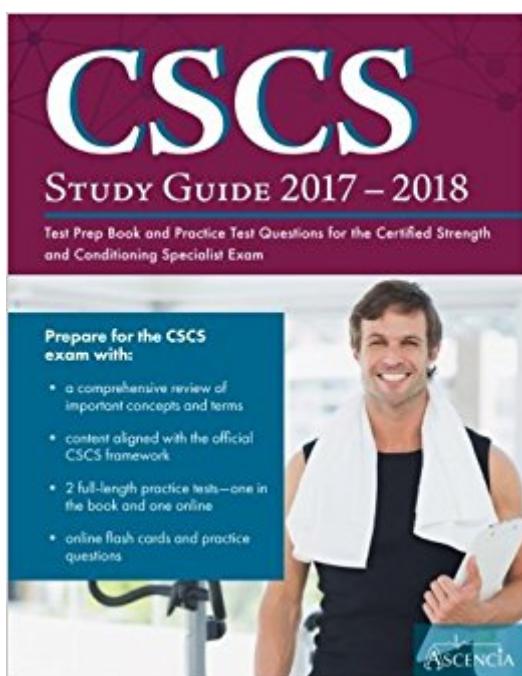


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CSCS Study Guide 2017-2018: Test Prep Book And Practice Test Questions For The Certified Strength And Conditioning Specialist Exam



Synopsis

Ascencia Test Prep's study guide, CSCS Study Guide 2017-2018: Test Prep Book and Practice Test Questions for the Certified Strength and Conditioning Specialist Exam is a comprehensive book offering readers a full review of the subject matter covered on the Certified Strength and Conditioning Specialist exam, test tips and strategies, real-world examples, and worked through practice problems. Ascencia's Certified Strength and Conditioning Specialist book covers: EXERCISE SCIENCE • NUTRITION • ASSESSMENT • EXERCISE TECHNIQUE • PROGRAM DESIGN • CLIENT RELATIONS AND COACHING • SAFETY AND RISK MANAGEMENT • PROFESSIONAL DEVELOPMENT AND RESPONSIBILITY Ascencia's Certified Strength and Conditioning Specialist study guide also includes a full Certified Strength and Conditioning Specialist practice test, ensuring that readers will be prepared come test day. About Ascencia Test Prep With healthcare fields such as nursing, pharmacy, emergency care, and physical therapy becoming the fastest and largest growing industries in the United States, individuals looking to enter the healthcare industry or rise in their field need high quality, reliable resources. Ascencia Test Prep's study guides and test preparation materials are developed by credentialed, industry professionals with years of experience in their respective fields. Every Ascencia book includes a comprehensive overview of the content knowledge that will be tested, along with practice questions for each section to enhance understanding. Full practice tests at the end of every book accurately reflect the exam, helping test takers determine if they are thoroughly prepared. Additionally, all Ascencia study materials offer exclusive tips from healthcare professionals to help readers thrive in their field beyond test day. Ascencia recognizes that healthcare professionals nurture bodies and spirits, and save lives. Ascencia Test Prep's mission is to help healthcare workers grow.

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Customer Reviews

This book is really helpful for preparing for the nsca cscs test. It's compacts the essentials of strength training into a vary manageable text. The practice questions and tests are great as well.

I just purchase CSCS study Guide 2017-2018, i have not finished it yet, but so far I can tell you it is very useful. I rate it 5. it matches perfectly with my studying style and I am very happy I bought it.

I didn't find this book helpful. I read the entire NSCA textbook (Essentials of strength training and conditioning 4th ed) beforehand and found several errors throughout this manual. Further, this study study guide was a little over 300 pages and not worth the extra "overkill" time. If you are looking for a good study review, I suggest purchasing the "CSCS Study Guide: Exam Prep & Practice Exam Questions for the NSCA Certified Strength & Conditioning Specialist Test". That study guide was made from the "Certified" exam prep team and was spot on for the content provided in CSCS examination. Additionally, it was under 200 pages in length. I recently passed the CSCS exam and found 3 items helpful to knock it out of the park. 1.) The NSCA textbook. 2.) CSCS Study Guide: Exam Prep & Practice Exam Questions for the NSCA Certified Strength & Conditioning Specialist Test. 3.) Exercise Technique Manual for Resistance Training 3rd Edition With Online Video

I found this study guide to very useful in Ã¢Âœcutting to the chaseÃ¢Â• what you need to know to pass the CSCS exam. It was very well organized.

This is a fantastic study guide for the CSCS exam. There is a ton of useful information presented here and it is superbly organized. Each main section is clearly labeled with related subsections, which makes the information that you need to know quite easy to find. Everything is simply put, so it is easy to understand what you're reading and also easy to prepare yourself. I think that the best thing about this guide was all the bonus content that came with it. Not only do you get a practice test and study tips within the guide, there are also much better tools that go with this guide. Online, you can get a second practice test and flash cards. There is also a DVD offer if you're willing to review

the guide. For the price and the content, this guide can't be beat! I'd highly recommend it.

Excellent books well written and so educative!

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