

NSCA Certified Strength and Conditioning Specialist (CSCS) Exam Preparation Symposium

The NSCA is proud to offer the CSCS Exam Prep Symposia (EPS) at the VAHPERD Convention. This Exam Prep Symposium (EPS) is a 1-day preconference event designed to help prepare individuals for the NSCA CSCS certification exam. Your time is valuable; spend it efficiently by focusing your studies on the most relevant content!

The NSCA Exam Preparation Symposium provides:

An overview of the content and concepts emphasized on the exam
 Access to the NSCA's leading education professionals
 Key test-taking strategies
 Review and discussion of the most frequently tested concepts on the exam
 The NSCA Exam Prep Slides book (NSCA EPS exclusive, not available for retail sale)

- *This EPS seminar is designed for individuals who have read through the Essentials of Strength and Conditioning text book and are close to sitting for exam*
- *Exam prep materials (other than the EPS workbook) are not included in the price of this course*

Can't Wait? Accept the challenge and stay ahead of your competition!

Get started today by taking advantage of the following exam preparation resources:

[CSCS Study Material](#)

[CSCS Exam Content Description](#)

Exam Prep Symposium Schedule: Thursday, November 7th, 2013

<i>Session</i>	<i>Time</i>	<i>Description</i>
Introduction and Testing Strategies	8:00-8:30	<i>Introduction to the NSCA and certification test-taking strategies</i>
Exercise Science	8:30-10:30	<i>Physiology, Biomechanics, Bioenergetics</i>
Training Adaptations	10:45-11:30	<i>Physiological adaptations to training</i>
Nutrition	11:30-12:15	<i>Macro and micronutrients, recommended values, hydration, and supplements</i>
<i>Lunch (not provided)</i>	12:15-1:15	<i>Not Provided</i>
Exercise Technique	1:15-2:15	<i>Anatomy review and the basics exercise technique</i>
Testing and Evaluation	2:15-3:00	<i>Sport-specific test selection and evaluation of results</i>
Speed, Agility, and Plyometrics	3:15-4:00	<i>Agility drills and technique, plyometric training and progressions</i>
Program Design & Periodization	4:00-5:00	<i>Designing effective training programs</i>
Question and Answer	5:00-5:15	<i>Wrap-up and final questions</i>

Registration Information

Please note, the *NSCA CSCS Exam Prep Symposia* is a pre-conference event to the *VAHPERD Convention* and requires a separate registration fee. You can register for this event by visiting the NSCA Exam Prep Symposium page

<http://www.nscs.com/Events/Symposia/Virginia-CSCS-Exam-Prep-Live/>

Sign up for the VAHPERD Convention at the VAHPERD Website

<https://m360.vahperd.org/event.aspx?eventID=70329>

NSCA CSCS Exam Prep Symposium, November 7th, 2013

Founder's Inn

5641 Indian River Rd

Virginia Beach, VA, 23464

Prep for the Exam; Stay and Learn!

Special Convention price for NSCA members who take part in the Pre-Convention workshop and sign up for the Convention. See the NSCA link above for details.