

# NSCA Certified Strength and Conditioning Specialist

The National Strength and Conditioning Association (NSCA) is an organization dedicated to the advancement of professionals in the field of strength training and conditioning. The NSCA's Certified Strength and Conditioning Specialist (CSCS) is the gold-standard certification for professionals interested in working with athletes.

## NSCA-CSCS Scope of Practice

Certified Strength and Conditioning Specialists are professionals uniquely qualified to work with athletic populations, with the ultimate goal of improving performance. The credential is available to a wide range of interdisciplinary professions, but the CSCS provides the foundational platform for principles related to:

- Program design
- Measurement and testing
- Coaching/teaching
- Injury prevention
- Facility and team management
- Basic sports nutrition

When applicable, cooperation with, and referral to, other professions is commonplace and an advisable practice.

## About the CSCS Exam

The CSCS exam is broken down into two sections: Scientific Foundations and Practical/Applied. In order to earn the certification, candidates must pass both sections with a scaled score of 70 or higher. The following information is pulled directly from the NSCA website and can be accessed [here](#).

### Scientific Foundations

Domain	Percent of Exam	Number of Questions
Exercise Science	74%	59
Nutrition	26%	21
Non-scored Questions	-	15
<b>Total</b>	<b>100%</b>	<b>95</b>
<b>Length of Section</b>		<b>1.5 hours</b>

### Practical/Applied

Domain	Percent of Exam	Number of Questions
Exercise Technique	35%	38
Program Design	35%	39
Organization and Administration	12%	13
Testing and Evaluation	18%	20

Non-scored Questions	-	15
<b>Total</b>	<b>100%</b>	<b>125</b>
<b>Length of section</b>		<b>2.5 hours</b>

## Recommended books for NSCA-CSCS Exam Preparation

Campbell, B., & Spano, M.A. (Eds.). (2011). *NSCA's guide to sport and exercise nutrition*. Champaign, IL: Human Kinetics. (ISBN-13: 978-0-7360-8349-2)

Haff, G.G., & Triplett, N.T. (Eds.). (2016). *Essentials of strength training and conditioning* (4<sup>th</sup> ed.). Champaign, IL: Human Kinetics. (ISBN-13: 978-1-4925-0162-6)

Hoffman, J.R. (Ed.). (2012). *NSCA's guide to program design*. Champaign, IL: Human Kinetics. (ISBN-13: 978-0-7360-8402-4)

Miller, T. (Ed.). (2012). *NSCA's guide to tests and assessment*. Champaign, IL: Human Kinetics. (ISBN-13: 978-0-7360-8368-3)