



 CSCS® EXAMINATION Detailed Content Outline PRACTICAL / APPLIED	Cognitive Level			Total Items
	Recall	Application	Analysis	
1. EXERCISE TECHNIQUE	7	21	10	38
<p>A. Teach and Evaluate Resistance Training Exercise Technique</p> <ol style="list-style-type: none"> 1. Free weight training equipment: <ol style="list-style-type: none"> a. preparatory body and limb position (e.g., grip, stance, alignment) b. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) c. correction of improper technique 2. Resistance machines (e.g., pulley, cam, hydraulic, friction, air, tubing) <ol style="list-style-type: none"> a. preparatory body and limb position (e.g., grip, stance, alignment) b. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) c. correction of improper technique 3. Alternative modes (e.g., core, stability, balance, calisthenic, body weight only) <ol style="list-style-type: none"> a. preparatory body and limb position (e.g., grip, stance, alignment) b. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) c. correction of improper technique 4. Non-traditional implements (e.g., logs, tire-flipping, heavy ropes, kettle bells, heavy medicine balls) <ol style="list-style-type: none"> a. preparatory body and limb position (e.g., grip, stance, alignment) b. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) c. correction of improper technique <p>B. Teach and Evaluate Plyometric Exercise Technique</p> <ol style="list-style-type: none"> 1. preparatory body and limb position (e.g., stance, posture, alignment) 2. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) 3. correction of improper technique <p>C. Teach and Evaluate Speed/Sprint Technique (e.g., resisted and assisted sprinting, speed-strength):</p> <ol style="list-style-type: none"> 1. preparatory body and limb position (e.g., stance, posture, alignment) 2. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) 3. correction of improper technique 				

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<p>D. Teach and Evaluate Agility Technique (e.g., forward, backward and lateral movements; turn, transition, acceleration, and deceleration maneuvers)</p> <ol style="list-style-type: none"> 1. preparatory body and limb position (e.g., stance, posture, alignment) 2. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) 3. correction of improper technique <p>E. Teach and Evaluate Metabolic Conditioning/Energy Systems Development</p> <ol style="list-style-type: none"> 1. Cardiovascular equipment (e.g., treadmill, bicycle, rowing machine, stair stepper, elliptical trainer) <ol style="list-style-type: none"> a. machine programming and setup b. preparatory body and limb position (e.g., stance, posture, alignment) c. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) d. correction of improper technique 2. General body-only activities (e.g., walking, jogging, running, swimming) <ol style="list-style-type: none"> a. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) b. correction of improper technique 3. Anaerobic conditioning activities (e.g., conditioning drills, heavy rope training, intermittent training) <ol style="list-style-type: none"> a. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) b. correction of improper technique <p>F. Teach and Evaluate Flexibility Exercise Technique:</p> <ol style="list-style-type: none"> 1. Static stretching exercises <ol style="list-style-type: none"> a. preparatory body and limb position (e.g., stance, posture, alignment) b. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) c. correction of improper technique 2. Proprioceptive neuromuscular facilitation (PNF) stretching exercises <ol style="list-style-type: none"> a. preparatory body and limb position (e.g., stance, posture, alignment) b. body mechanics to perform PNF stretching on an athlete c. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) d. correction of improper technique 				

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<p>3. Dynamic stretching exercises</p> <ol style="list-style-type: none"> a. preparatory body and limb position (e.g., stance, posture, alignment) b. execution of technique (e.g., body and limb positions, movement mechanics, breathing, focus, arousal) c. correction of improper technique <p>G. Teach Spotting Procedures and Techniques</p> <ol style="list-style-type: none"> 1. Number of spotters needed for a given situation or exercise 2. Spotter location (i.e., the physical placement of the spotter or spotters in relation to the lifter) 3. Body and limb placement required when spotting the lifter (i.e., once in the correct position) 				
2. PROGRAM DESIGN	2	18	19	39
<p>Based upon an athlete’s health status, training age, capabilities, and training goals, design training programs that maximize performance and minimize injury potential by...</p> <p>A. Incorporating Various Training Methods and Modes</p> <ol style="list-style-type: none"> 1. Different types of training methods and modes (e.g., resistance, plyometric, speed/sprint, interval, agility, aerobic, flexibility) 2. Combinations of various training methods and modes to reach a certain goal or outcome (e.g., muscular endurance, hypertrophy, strength, power, aerobic endurance) <p>B. Selecting Exercises</p> <ol style="list-style-type: none"> 1. Exercises specific to movement patterns of a particular sport (e.g., an exercise and its application and effectiveness for a sport, an exercise and movements involved in a sport, an exercise and muscles used in sport) 2. Exercises (e.g., power, core, assistance, structural) based upon the type or number of the involved muscle group or groups (e.g., what exercise trains certain muscle(s); how to change an exercise to change the involved muscles) 3. Exercises based upon the type of kinetic chain movement (e.g., open or closed) 4. Exercises to minimize injury potential (e.g., hamstring versus quadriceps, upper body versus lower body) 5. Exercises to promote recovery <p>C. Applying the Principles of Exercise Order</p> <ol style="list-style-type: none"> 1. Order of exercises based on the training goal 2. Variations in exercise orders (e.g., large to small muscle groups, alternating push with pull, alternating upper body exercises with lower body exercises) 				

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<ul style="list-style-type: none"> 3. Variations in exercise modes (e.g., explosive training, strength training, warmup/workout/cooldown, energy system training prioritization) D. Determining and Assigning Exercise Intensities (e.g., load, resistance, heart rate) <ul style="list-style-type: none"> 1. Methods for assigning an exercise load (e.g., a percent of the 1RM or the athlete's body weight, RM loads, RPE) or exercise heart rate (e.g., a percent of maximum heart rate or functional capacity, the Karvonen method) 2. Load or exercise heart rate based on the training goal (e.g., muscular endurance, hypertrophy, strength, power, aerobic endurance) E. Determining and Assigning Training Volumes (defined as sets x reps) <ul style="list-style-type: none"> 1. Outcomes associated with the manipulation of training volume 2. Volume based on the training goal (e.g., muscular endurance, hypertrophy, strength, power, aerobic endurance) F. Determining and Assigning Work/Rest Periods, Recovery and Unloading, and Training <ul style="list-style-type: none"> 1. Work/rest periods and recovery (e.g., muscular endurance, hypertrophy, strength, power, metabolic conditioning) 2. Training frequency (e.g., muscular endurance, hypertrophy, strength, power, metabolic conditioning, recovery) G. Determining and Assigning Exercise Progression (e.g., mode, intensity, duration, frequency) H. Applying the Principles of Periodization <ul style="list-style-type: none"> 1. Periodization (e.g., the periods/phases/cycles, the types of training programs associated with the phases/periods/cycles) 2. Training variations based on a sport season (i.e., a certain training period, phase, or cycle for a specific sport season) 3. A periodized program specific to the athlete's demands of a sport, position, and training level I. Designing Programs for an Injured Athlete During the Reconditioning Period (e.g., assigning exercises for a given injury or condition in collaboration with sport medicine professionals) 				
3. ORGANIZATION AND ADMINISTRATION	9	4	0	13
<ul style="list-style-type: none"> A. Determine the Design, Layout, and Organization of the Strength and Conditioning Facility (e.g., flooring, ceiling height, mirror placement, ventilation, lighting, characteristics of the equipment) Based on Athletic Needs and Industry Standards B. Determine the Primary Duties and Responsibilities of the Members of the Strength and Conditioning Staff 				

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<p>C. Determine the Policies and Procedures Associated with the Operation of the Strength and Conditioning Facility (e.g., facility/equipment cleaning and maintenance, rules, scheduling, emergency procedures)</p> <p>D. Create a Safe Training Environment Within the Strength and Conditioning Facility:</p> <ol style="list-style-type: none"> 1. Identify common litigation issues and ways to reduce or minimize the risk of liability within the facility 2. Recognize symptoms relating to overuse, overtraining and temperature-induced illness 3. Recognize when to refer an athlete to and/or seek input from allied health professionals (e.g., athletic trainer, physical therapist, physician, registered dietitian, sport psychologist) 				
4. TESTING AND EVALUATION	3	11	6	20
<p>A. Select and Administer Tests to Maximize Test Reliability and Validity</p> <ol style="list-style-type: none"> 1. Tests based upon the unique aspects of a sport, sport position and training status 2. Test administration procedures that use equipment, personnel, and time efficiently <p>B. Administer Testing Protocols and Procedures to Ensure Reliable Data Collection</p> <ol style="list-style-type: none"> 1. Testing equipment and its proper use 2. Testing procedures (e.g., warm-up, how to test, proper rest between trials) 3. Testing to assess physical characteristics (e.g., body weight, girth, body fat, height) and evaluate performance (e.g., muscular strength, power, anaerobic capacity, muscular endurance, aerobic endurance, agility, speed, flexibility) <p>C. Evaluate and Interpret Test Results</p> <ol style="list-style-type: none"> 1. Validity of test results 2. Typical vs. atypical test results based on a sport or sport position 3. Design or modification of the training program based on test results (i.e., determine which outcome of training needs to be improved in a future program) 				
Totals for PRACTICAL/APPLIED section:	21	54	35	110