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Available in Volume 1, Volume 2 and Volume 3, the CSCS Practice Exams allow you to learn the nature and scope of the CSCS examination, experience the examination format, discover the level of difficulty of the questions and receive feedback on your level of preparedness before taking the actual examination. Each 64-question self-assessment closely parallels the format, content areas, types of questions and level of difficulty of the CSCS exam. They also identify where you can locate excerpts in the Essentials of Strength Training and Conditioning, Second Edition textbook that focus on the content covered in each question. Like the actual exam, the CSCS Practice Exams include an exam booklet and video. The video component includes questions that will help you assess your knowledge of exercise technique, anatomy and biomechanics. At the end of the booklet, a self-assessment profile enables you to identify your level of preparedness and a scoring form helps you to compare your results with statistically comparable scores required to pass the CSCS examination. Each of the three volumes contains entirely unique questions to provide maximum exposure to sample examination questions. (Each of the volumes refers to the same CSCS Practice Exam video.)

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