

NSCA CERTIFIED STRENGTH & CONDITIONING SPECIALIST (CSCS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which statement is NOT listed as an adaptation outcome of aerobic endurance training?**
 - A. Increased oxygen delivery to working tissues
 - B. Higher rate of aerobic energy production
 - C. Greater utilization of fat as a fuel source
 - D. Increased disturbance of the acid-base balance

- 2. What is the recommended minimum distance between the floor and the bottom of the mirrors on the walls?**
 - A. 16 inches
 - B. 18 inches
 - C. 20 inches
 - D. 22 inches

- 3. Which of the following is NOT a function of growth hormone?**
 - A. Increase lipolysis
 - B. Decrease collagen synthesis
 - C. Increase amino acid transport
 - D. Decrease glucose regulation

- 4. To improve testing reliability, which action is recommended?**
 - A. Testing at different times of day
 - B. Standardizing test conditions including time of day and hydration
 - C. Not controlling environment
 - D. Not measuring hydration

- 5. In teaching the push press, which sequence demonstrates segmentation with pure-part training integration?**
 - A. practice push press without any equipment, progress to practice with PVC pipe, end with unloaded bar
 - B. practice dip, following by dip with drive, and end with practice of entire push press
 - C. practice dip, the drive, and the catch independently before practicing the entire push press
 - D. practice the dip and the drive independently, followed by practice of dip with drive; then practice of the catch independently and end with practice of entire push press

- 6. Which sequence will produce the MOST reliable results?**
- A. 1RM power clean, T-test, 1.5 mile run, 1 RM bench press
 - B. T-test, 1RM power clean, 1RM bench press, 1.5 mile run
 - C. 1.5 mile run, 1RM bench press, T-test, 1RM power clean
 - D. 1RM bench press, 1RM power clean, T-test, 1.5 mile run
- 7. Which individual is responsible for allowing an athlete to begin formal involvement in a strength and conditioning program?**
- A. Athletic director
 - B. Athlete's parent or guardian
 - C. Team's certified athletic trainer
 - D. Strength and conditioning professional
- 8. Which of the following is a rationale for using variable-resistance training methods?**
- A. To Accommodate the Changing Mechanical Advantages Associated With Constant-Loaded Exercises
 - B. To Minimize Force Application Throughout the Full ROM
 - C. To Increase the Time Spent Decelerating During a Lifting Motion
 - D. To Keep the Applied Resistance Constant During Changes in Joint Angle
- 9. The primary macronutrient that is addressed in the precompetition meal is**
- A. Fat
 - B. Carbohydrate
 - C. Protein
 - D. Vitamin
- 10. Which combination includes only stimulants?**
- A. Creatine and caffeine
 - B. Caffeine and citrus aurantium
 - C. HMB and citrus aurantium
 - D. Creatine and HMB

Answers

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1. D
2. C
3. B
4. B
5. C
6. D
7. C
8. A
9. B
10. B

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Explanations

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1. Which statement is NOT listed as an adaptation outcome of aerobic endurance training?

- A. Increased oxygen delivery to working tissues
- B. Higher rate of aerobic energy production
- C. Greater utilization of fat as a fuel source
- D. Increased disturbance of the acid-base balance**

Endurance training improves the body's ability to deliver oxygen to working tissues and to use it efficiently, driving several well-established aerobic adaptations. It typically increases oxygen delivery through greater capillary density and a stronger cardiac output, and it raises the rate of aerobic energy production by boosting mitochondrial density and oxidative enzyme activity. It also enhances fat oxidation, allowing greater reliance on fat as a fuel source during submaximal efforts. The statement about an increased disturbance of the acid-base balance is not an adaptation; in fact, endurance training improves the body's buffering capacity and lactate management, helping to keep pH more stable during exercise.

2. What is the recommended minimum distance between the floor and the bottom of the mirrors on the walls?

- A. 16 inches
- B. 18 inches
- C. 20 inches**
- D. 22 inches

Placing the bottom edge of wall mirrors about 20 inches off the floor helps ensure most lifters can see their whole body in the mirror while performing common movements. With this height, a person of average height can view from head to toe in standing positions, which makes it easier to observe form, alignment, and cue adjustments during squats, presses, rows, and other basic lifts. If the mirror were mounted much lower, you'd often only see the legs or lower body, making it harder to monitor technique. If it were mounted higher, shorter lifters might not see their feet or proper foot placement, reducing the usefulness of the mirror for coaching cues. Twenty inches provides a practical balance that supports accurate self-monitoring for a wide range of heights and exercises.

3. Which of the following is NOT a function of growth hormone?

- A. Increase lipolysis
- B. Decrease collagen synthesis**
- C. Increase amino acid transport
- D. Decrease glucose regulation

Growth hormone is anabolic and supports tissue growth, repair, and energy mobilization. It promotes lipolysis, increasing fat breakdown for energy, and it enhances amino acid transport into cells to drive protein synthesis. It also stimulates collagen synthesis, which helps with connective tissue growth and healing. Because it actually increases collagen synthesis, the idea that collagen production would be decreased is incorrect. GH's activity on glucose tends to raise blood glucose levels by reducing glucose uptake in tissues and increasing hepatic glucose output, so its effect is to disrupt, not improve, tight glucose regulation. Therefore, the statement about decreasing collagen synthesis is not a function of growth hormone.

4. To improve testing reliability, which action is recommended?

- A. Testing at different times of day
- B. Standardizing test conditions including time of day and hydration**
- C. Not controlling environment
- D. Not measuring hydration

Reliability in performance testing comes from controlling factors that can affect results from one trial to the next. By standardizing how and when tests are performed—keeping the same time of day, the same level of hydration, and a consistent environment—you reduce extraneous variation so the scores more accurately reflect the athlete's true performance rather than daily fluctuations. Body temperature, fluid balance, and circadian rhythms can all influence strength, power, endurance, and even perception of effort. If you test at different times or with differing hydration, those physiological differences can masquerade as changes in fitness, making reliability poorer. Keeping these conditions constant minimizes noise in the data, improving the consistency of measurements across sessions. Not controlling the environment or not measuring hydration would introduce that unwanted variability, and testing at varying times of day invites diurnal changes that can skew results. So standardizing test conditions, including time of day and hydration, is the best approach to improve testing reliability.

5. In teaching the push press, which sequence demonstrates segmentation with pure-part training integration?

- A. practice push press without any equipment, progress to practice with PVC pipe, end with unloaded bar
- B. practice dip, following by dip with drive, and end with practice of entire push press
- C. practice dip, the drive, and the catch independently before practicing the entire push press**
- D. practice the dip and the drive independently, followed by practice of dip with drive; then practice of the catch independently and end with practice of entire push press

Segmentation in motor learning means breaking the skill into distinct parts and training each part in isolation before putting them together. For a push press, the key components are the dip, the drive (the leg/hip extension that creates momentum), and the catch/lockout at the top. Practicing each of these parts separately allows a learner to refine mechanics and timing in a simpler context, reducing cognitive load, before blending them into the full movement. The sequence that best demonstrates this is when you practice the dip, the drive, and the catch independently, then practice the entire push press. This shows clear isolation of each phase and then integration of all parts into the full lift. Why the others aren't as good for pure-part segmentation: starting with the whole movement and then adding devices doesn't isolate the parts first; skipping the separate practice of the catch leaves a part untrained on its own; and mixing early partial integration with isolated parts can blur the distinction between practicing parts in isolation and integrating them, whereas the chosen sequence keeps the parts truly separate before full integration.

6. Which sequence will produce the MOST reliable results?

- A. 1RM power clean, T-test, 1.5 mile run, 1 RM bench press
- B. T-test, 1RM power clean, 1RM bench press, 1.5 mile run
- C. 1.5 mile run, 1RM bench press, T-test, 1RM power clean
- D. 1RM bench press, 1RM power clean, T-test, 1.5 mile run**

Starting with the most demanding strength measures helps ensure you capture true maximal values. The two 1RM tests are highly dependent on neuromuscular drive, technique, and fresh CNS input. If fatigue from earlier tasks contaminates them, you'll get lower, more variable results that don't reflect true strength capability. By performing the maximal lifts first, you maximize the likelihood that these measurements are accurate and reliable. Following with the agility test next makes sense because it relies on coordination and speed, and while it can be affected by fatigue, it's still more stable when the athlete has already established the strength baseline and has a proper warm-up. Finally, ending with the endurance run places the most cumulative-fatigue demand last, so it's less likely to skew the accuracy of the strength measures and—after a full battery of testing—readily reflects cardiovascular endurance under fatigue, which is consistent with how endurance tests behave in a battery. In short, skewing the sequence toward performing the most technically demanding, high-fatigue tests at the start minimizes the risk that fatigue will bias the core strength measurements, helping yield the most reliable overall results for the test battery.

7. Which individual is responsible for allowing an athlete to begin formal involvement in a strength and conditioning program?

- A. Athletic director
- B. Athlete's parent or guardian
- C. Team's certified athletic trainer**
- D. Strength and conditioning professional

The ability to begin a formal strength and conditioning program hinges on medical clearance and safety oversight. The team's certified athletic trainer is the professional who evaluates an athlete's medical status, considers injuries or health conditions, and provides clearance to start or return to training. They coordinate with physicians as needed and monitor progress, ensuring that participation is safe. Once clearance is given, a strength and conditioning professional can design and supervise the program. Administrative staff, like an athletic director, handle logistics, and a parent or guardian may consent for a minor, but they do not provide the medical clearance required to begin formal training.

8. Which of the following is a rationale for using variable-resistance training methods?

- A. To Accommodate the Changing Mechanical Advantages Associated With Constant-Loaded Exercises**
- B. To Minimize Force Application Throughout the Full ROM
- C. To Increase the Time Spent Decelerating During a Lifting Motion
- D. To Keep the Applied Resistance Constant During Changes in Joint Angle

Variable-resistance training uses accommodating resistance to match how a joint's leverage and the muscle's force capacity change through the range of motion. In many lifts, the resistance you can effectively apply isn't the same at all joint angles due to shifting moment arms and lever mechanics. By adding bands or chains, the external load increases as you move through the movement (often more load near the top where you're stronger and less load where you're weaker). This keeps the muscle under substantial tension throughout the entire ROM, improving force production and strength adaptations across the range.

9. The primary macronutrient that is addressed in the precompetition meal is

- A. Fat
- B. Carbohydrate**
- C. Protein
- D. Vitamin

Carbohydrates provide the primary energy source for a precompetition meal because they supply readily available glucose and help maximize muscle and liver glycogen stores, supporting sustained high intensity performance and delaying fatigue. Fat can slow digestion and may cause gastrointestinal discomfort when eaten close to competition, making it a less ideal main component. Protein isn't the main energy source in the short term and is prioritized for recovery and repair rather than fueling the event. Vitamins are micronutrients that support metabolism but do not supply the energy needed during the activity.

10. Which combination includes only stimulants?

- A. Creatine and caffeine
- B. Caffeine and citrus aurantium**
- C. HMB and citrus aurantium
- D. Creatine and HMB

Stimulants are substances that increase central nervous system activity to boost energy, focus, or performance. Caffeine is a well-established stimulant, and citrus aurantium contains synephrine, another stimulant often included in stimulant blends. Pairing caffeine with citrus aurantium therefore yields a combination of two stimulants. Creatine and HMB are ergogenic aids that improve performance through energy systems or muscle protein balance but do not stimulate the CNS, so any combination involving them does not contain only stimulants. Thus the combination with only stimulants is caffeine together with citrus aurantium.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://nscacscs.examzify.com>

We wish you the very best on your exam journey. You've got this!

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