

CSCS 2-Day Exam Preparation Clinic Schedule

Day 1	
	7:30-8:00 Check-in/Registration
	8:00-9:00 Introduction and Preparation Strategies
SCIENTIFIC FOUNDATIONS	EXERCISE SCIENCES
	9:00-10:00 <i>Anatomy & Physiology</i>
	10:00-10:15 Break
	10:15-11:15 <i>Bioenergetics & Metabolism</i>
	11:15-11:45 <i>Neuroendocrine Physiology</i>
	11:45-12:30 Lunch (45 minutes)
	12:30-1:30 <i>Biomechanics</i>
	1:30-2:45 <i>Training Adaptations</i>
	2:45-3:00 Break
	3:00-3:45 <i>Psychology of Athletic Preparation</i>
	3:45-5:00 NUTRITION
	5:00-5:30 Question & Answer

Day 2	
	8:00-8:30 Scientific Foundations & Nutrition Review
	8:30-9:45 TESTING & EVALUATION
PRACTICAL/APPLIED	EXERCISE TECHNIQUE
	9:45-10:15 <i>Warm-up & Flexibility, Aerobic Trng Modes</i>
	10:15-11:05 <i>Resistance Training (lecture)</i>
	11:05-11:15 Break
	11:05-11:15 <i>Resistance Training (practical)</i>
	12:15-1:00 Lunch (45 minutes)
	1:00-1:45 <i>Alter Training & Non-traditional Implements</i>
	1:45-3:00 <i>Plyo's, Speed, and Agility</i>
	3:00-3:15 Break
	3:15-4:45 PROGRAM DESIGN & PERIODIZATION
	4:45-5:15 ORGANIZATION & ADMINISTRATION
	5:15-5:30 CLINIC WRAP-UP