

NSCA Certified Strength and Conditioning Specialist Course

Optimising athletic performance through evidence-based practices

Course Overview

The Certified Strength and Conditioning Specialists (CSCS) are professionals who apply scientific knowledge to train athletes with the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs, and provide guidance on nutrition and injury prevention. Recognizing the boundaries of their expertise, CSCSs also consult with and refer athletes to other professionals when appropriate.

This preparatory course provides a structured review of the exam's key domains: Exercise Science, Nutrition, Program Design, Exercise Technique, Testing and Evaluation, and Organization and Administration. Participants will engage in lectures, case studies, and interactive discussions to deepen their understanding of these essential topics. The program also includes test-taking strategies, mock exams, and detailed feedback to ensure confidence and readiness for exam day.

Course Highlights

- Comprehensive review of all CSCS exam content areas
- Practical application of strength and conditioning principles
- Guidance on test-taking strategies and study plans
- Access to mock exams and detailed feedback

Why Should You Consider This Course?

- Exam content coverage – This preparatory course is designed to ensure participants master every topic, providing clear explanations and practical examples
- Exam-focused approach – Passing the CSCS isn't just about knowing the material; but applying it under pressure. Mock exams, real-world case studies, and proven test-taking strategies are taught to help participants feel confident on exam day.
- Maximizing learning efficiency – The structured curriculum helps to save time by guiding participant's study efforts, ensuring they focus on what matters most to succeed.

What Are the topics Covered?

Scientific Foundations

- Exercise Science
- Sports Psychology
- Nutrition

Practical/ Applied

- Testing, Ongoing Monitoring, & Data Evaluation
- Exercise Technique
- Program Design & Periodisation
- Organisation & Administration

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

Any Bachelors Degree OR Chiropractic/ Medicine Degree granted by an Accredited Institution and valid CPR-AED Certification

Course Provider

National Strength and Conditioning Association Global Chapter Singapore

CEC Points

N/A

Course Duration

3 days (18 hours)

Learning Materials

Online textbook (Essentials of Strength Training and Conditioning [4th ed]) and CSCS Exam Study Guide

Awards

Upon completion of the course, each participant will be awarded:

- NSCA Global Chapter Singapore Certificate of Completion for NSCA Certified Strength and Conditioning Specialist Course
- NSCA Certificate for Certified Strength and Conditioning Specialist (awarded upon passing the NSCA CSCS Certification Examination)

Grading Criteria

To pass any NSCA Certification exam, you must earn a scaled score of 70 or higher for the Scientific Foundation and Practical/ Applied exam papers.

Recertification

The required number of CEUs needed to recertify is based on your certification date and where it falls within the three-year cycle. Up to 6 CEUs (60 hours) are required within the three-year cycle.

Exam Fee

USD270

Dress Code

Fitness attire

What Do I Need to Bring?

Stationary and a spare change of clothes

Course Capacity

A minimum of 12 pax

Language

English