

12-WEEK CSCS STUDY PLAN

TEAMBUILD'R'S GUIDE TO CERTIFIED



TEAMBUILD'R
A C A D E M Y

CHAPTER 1: STRUCTURE & FUNCTION OF BODY SYSTEMS

WEEK 1: DAY 1

- View [Chapter 1 Study Guide](#)
- Read pages 1-8 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 1 - Musculoskeletal System - To access the study videos you must purchase the [CSCS study course](#)
- Watch video: Chapter 1 - Muscle Anatomy
- Watch video: Chapter 1 - Sliding Filament Theory

WEEK 1: DAY 2

- Read pages 9-12 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 1 - Neuromuscular System
- Watch video: Chapter 1 - Muscle Fiber Types & Motor Unit Recruitment
- Watch video: Chapter 1 - Proprioception

WEEK 1: DAY 3

- Read pages 13-17 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 1 - Cardiovascular System
- Watch video: Chapter 1 - Respiratory System

CHAPTER 2: BIOMECHANICS OF RESISTANCE EXERCISE

WEEK 1: DAY 4

- View [Chapter 2 Study Guide](#)
- Read pages 20-27 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 2 - Muscle levers
- Watch video: Chapter 2 - Anatomical Planes & Body Movements

WEEK 1: DAY 5

- Read pages 28-33 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 2 - Work & Power
- Watch video: Chapter 2 - Biomechanical Factors of Human Performance

WEEK 1: DAY 6

- Read pages 34-40 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 2 - Sources of Resistance to Muscle Contraction
- Watch video: Chapter 2 - Joint Biomechanic Concerns

WEEK 1: DAY 7

- Break

CHAPTER 3: BIOENERGETICS OF EXERCISE & TRAINING

WEEK 2: DAY 1

- View [Chapter 3 Study Guide](#)
- Read pages 44-50 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 3 - Energy System Overview
- Watch video: Chapter 3 - The Phosphagen System

WEEK 2: DAY 2

- Read pages 51-54 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 3 - The Glycolytic System
- Watch video: Chapter 3 - The Oxidative System

WEEK 2: DAY 3

- Read pages 55-62 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 3 - Substrate Depletion & Repletion
- Watch video: Chapter 3 - Metabolic Specificity of Training

CHAPTER 4: ENDOCRINE RESPONSES TO RESISTANCE EXERCISE

WEEK 2: DAY 4

- View [Chapter 4 Study Guide](#)
- Read pages 66-71 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 4 - Introduction to the Endocrine System

WEEK 2: DAY 5

- Read pages 72-77 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 4 - Adaptations in the Endocrine System
- Watch video: Chapter 4 - Testosterone

WEEK 2: DAY 6

- Read pages 78-85 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 4 - Growth Hormone
- Watch video: Chapter 4 - Insulin-Like Growth Factors
- Watch video: Chapter 4 - Adrenal Hormones

WEEK 2: DAY 7

- Break

CHAPTER 5: ADAPTATIONS TO ANAEROBIC TRAINING PROGRAMS

WEEK 3: DAY 1

- View [Chapter 5 Study Guide](#)
- Read pages 88-95 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 5 - Responses to Anaerobic Training
- Watch video: Chapter 5 - Adaptations to Anaerobic Training
- Watch video: Chapter 5 - Muscular Adaptations to Anaerobic Training

WEEK 3: DAY 2

- Read pages 96-102 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 5 - Other Adaptations to Anaerobic Training (0:00-7:30)

WEEK 3: DAY 3

- Read pages 103-111 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 5 - Other Adaptations to Anaerobic Training (7:30-19:56)

CHAPTER 6: ADAPTATIONS TO AEROBIC ENDURANCE TRAINING PROGRAMS

WEEK 3: DAY 4

- View [Chapter 6 Study Guide](#)
- Read pages 116-120 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 6 - Acute Response to Aerobic Training

WEEK 3: DAY 5

- Read pages 121-124 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 6 - Chronic Adaptations to Aerobic Training

WEEK 3: DAY 6

- Read pages 125-132 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 6 - Adaptations & External and Individual Factors
- Watch video: Chapter 6 - Overtraining Syndrome

WEEK 3: DAY 7

- Break

CHAPTER 7: AGE- & SEX-RELATED DIFFERENCES & THEIR IMPLICATIONS FOR RESISTANCE EXERCISE

WEEK 4: DAY 1

- View [Chapter 7 Study Guide](#)
- Read pages 136-141 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 7 - Resistance Training for Children

WEEK 4: DAY 2

- Read pages 142-147 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 7 - Resistance Training for Female Athletes

WEEK 4: DAY 3

- Read pages 148-153 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 7 - Resistance Training for Older Adults

CHAPTER 8: PSYCHOLOGY OF ATHLETIC PREPARATION & PERFORMANCE

WEEK 4: DAY 4

- View [Chapter 8 Study Guide](#)
- Read pages 156-161 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 8 - Sport Psychology Terminology
- Influence of Arousal and Anxiety on Performance

WEEK 4: DAY 5

- Read pages 162-167 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 8 - Motivation, Attention, & Focus
- Watch video: Chapter 8 - Psychological Techniques for Performance

WEEK 4: DAY 6

- Read pages 168-172-166 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 8 - Enhancing Motor Skill Acquisition and Learning

WEEK 4: DAY 7

- Break

CHAPTER 9: BASIC NUTRITION FACTORS IN HEALTH

WEEK 5: DAY 1

- View [Chapter 9 Study Guide](#)
- Read pages 176-183 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 9 - Role of Sport Nutrition Professionals
- Watch video: Chapter 9 - Protein

WEEK 5: DAY 2

- Read pages 184-190 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 9 - Carbohydrates
- Watch video: Chapter 9 - Fat

WEEK 5: DAY 3

- Read pages 191-199 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 9 - Vitamins & Minerals
- Watch video: Chapter 9 - Fluid Intake

CHAPTER 10: NUTRITION STRATEGIES FOR MAXIMIZING PERFORMANCE

WEEK 5: DAY 4

- View [Chapter 10 Study Guide](#)
- Read pages 208-215 in the Essentials of Strength Training and Conditioning 4th Edition

WEEK 5: DAY 5

- Read pages 209-215 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 10 - Pre-, During-, & Post-Competition Nutrition

WEEK 5: DAY 6

- Read pages 216-224 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 10 - Altering Body Composition
- Watch video: Chapter 10 - Feeding & Eating Disorders

WEEK 5: DAY 7

- Break

CHAPTER 11: PERFORMANCE-ENHANCING SUBSTANCES & METHODS

WEEK 6: DAY 1

- View [Chapter 11 Study Guide](#)
- Read pages 226-231 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 11 - Types of Performance Enhancing Drugs

WEEK 6: DAY 2

- Read pages 232-236 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 11 - Hormones

WEEK 6: DAY 3

- Read pages 237-243 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 11 - Dietary Supplements (0:00-19:15)

WEEK 6: DAY 4

- Read pages 244-247 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 11 - Dietary Supplements (19:16-28:27)

CHAPTER 12: PRINCIPLES OF TEST SELECTION & ADMINISTRATION

WEEK 6: DAY 5

- View [Chapter 12 Study Guide](#)
- Read pages 250-252 the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 12 - Introduction & Reasons for Testing
- Watch video: Chapter 12 - Testing Terminology

WEEK 6: DAY 6

- Read pages 253-257 the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 12 - Test Administration

WEEK 6: DAY 7

- Break

CHAPTER 13: ADMINISTRATION, SCORING, & INTERPRETATION OF SELECTED TESTS

WEEK 7: DAY 1

- Download [Chapter 13 Study Guide](#)
- Read pages 260-270 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 13 - Measuring Parameters for Athletic Performance

WEEK 7: DAY 2

- Read pages 271-282 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 13 - Selected Test Protocols
- Watch video: Chapter 13 - Evaluation of Data

WEEK 7: DAY 3

- Read pages 283-293 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 13 - Scoring Test Examples

CHAPTER 14: WARM-UP & FLEXIBILITY TRAINING

WEEK 7: DAY 4

- View [Chapter 14 Study Guide](#)
- Read pages 318-322 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 14 - Warm Up & Flexibility

WEEK 7: DAY 5

- Read pages 323-328 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 14 - Types of Stretching

WEEK 7: DAY 6

- Read pages 329-349 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 14 - Static Stretching Techniques
- Watch video: Chapter 14 - Dynamic Stretching Techniques

WEEK 7: DAY 7

- Break

CHAPTER 15: EXERCISE TECHNIQUE FOR FREE WEIGHT & MACHINE TRAINING

WEEK 8: DAY 1

- View [Chapter 15 Study Guide](#)
- Read pages 352-358 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 15 - Fundamentals of Exercise Technique (0:00-13:24)

WEEK 8: DAY 2

- Read pages 359-573 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 15 - Fundamentals of Exercise Technique (13:25-27:26)

WEEK 8: DAY 3

- Read pages 374-391 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 15 - Examples of Resistance Training Exercise

WEEK 8: DAY 4

- Read pages 392-407 in the Essentials of Strength Training and Conditioning 4th Edition

CHAPTER 16: EXERCISE TECHNIQUE FOR ALTERNATIVE MODES & NONTRADITIONAL TRAINING

WEEK 8: DAY 5

- View [Chapter 16 Study Guide](#)
- Read pages 410-421 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 16 - General Guidelines & Bodyweight Training Methods
- Watch video: Chapter 16 - Core Stability & Balance Training Methods
- Watch video: Chapter 16 - Variable Resistance Training Methods

WEEK 8: DAY 6

- Read pages 422-437 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 16 - Nontraditional Implement and Unilateral Training
- Watch video: Chapter 16 - Core Stability & Balance Training Examples
- Watch video: Chapter 16 - Nontraditional Exercise Training Examples

WEEK 8: DAY 7

- Break

CHAPTER 17: PROGRAM DESIGN FOR RESISTANCE TRAINING

WEEK 9: DAY 1

- View [Chapter 17 Study Guide](#)
- Read pages 440-449 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 17 - Introduction to Program Design

WEEK 9: DAY 2

- Read pages 450-459 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 17 - Training Frequency

WEEK 9: DAY 3

- Read pages 460-468
- Watch video: Chapter 17 - Volume & Rest Periods

CHAPTER 18: PROGRAM DESIGN & TECHNIQUE FOR PLYOMETRIC TRAINING

WEEK 9: DAY 4

- View [Chapter 18 Study Guide](#)
- Read pages 472-487 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 18 - Plyometric Training

WEEK 9: DAY 5

- Read pages 488-503 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 18 - Plyometric Training Program Design

WEEK 9: DAY 6

- Read pages 504-519 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 18 - Age and Safety Considerations
- Watch video: Chapter 18 - Examples of Plyometrics

WEEK 9: DAY 7

- Break

CHAPTER 19: PROGRAM DESIGN & TECHNIQUE FOR SPEED & AGILITY TRAINING

WEEK 10: DAY 1

- View [Chapter 19 Study Guide](#)
- Read pages 522-529 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 19 - Introduction and Key Terms

WEEK 10: DAY 2

- Read pages 530-538 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 19 - Program Design (0:00-12:50)

WEEK 10: DAY 3

- Read pages 539-547 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 19 - Program Design (12:51-24:36)

WEEK 10: DAY 4

- Read pages 548-556 in the Essentials of Strength Training and Conditioning 4th Edition

CHAPTER 20: PROGRAM DESIGN & TECHNIQUE FOR AEROBIC ENDURANCE TRAINING

WEEK 10: DAY 5

- View [Chapter 20 Study Guide](#)
- Read pages 560-567 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 20 - Factors Related to Aerobic Endurance Performance
- Watch video: Chapter 20 - Designing an Aerobic Endurance Program

WEEK 10: DAY 6

- Read pages 568-580 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 20 - Types of Aerobic Endurance Training Programs
- Watch video: Chapter 20 - Applications of Program Design to Training Seasons
- Watch video: Chapter 20 - Special Issues Related to Aerobic Endurance Training

WEEK 10: DAY 7

- Break

CHAPTER 21: PERIODIZATION

WEEK 11: DAY 1

- View [Chapter 21 Study Guide](#)
- Read pages 584-589 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 21 - Central Concepts of Periodization

WEEK 11: DAY 2

- Read pages 590-595 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 21 - Phases of Periodization

WEEK 11: DAY 3

- Read pages 596-603 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 21 - Sports Seasons

CHAPTER 22: REHABILITATION & RECONDITIONING

WEEK 11: DAY 4

- View [Chapter 22 Study Guide](#)
- Read pages 606-610 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 22 - Overview and Injury Type

WEEK 11: DAY 5

- Read pages 611-615 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 22 - Stages of Rehab

WEEK 11: DAY 6

- Read pages 616-620 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 22 - Return To Training

WEEK 11: DAY 7

- Break

CHAPTER 23: FACILITY DESIGN, LAYOUT, & ORGANIZATION

WEEK 12: DAY 1

- View [Chapter 23 Study Guide](#)
- Read pages 624-626 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 23 - General Aspects of Facility Design

WEEK 12: DAY 2

- Read pages 627-629 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 23 - Designing & Arranging a Facility

WEEK 12: DAY 3

- Read pages 630-632 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 23 - Maintenance, Cleaning, & Space Needs

CHAPTER 24: FACILITY POLICIES, PROCEDURES, & LEGAL ISSUES

WEEK 12: DAY 4

- View [Chapter 24 Study Guide](#)
- Read pages 642-646 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 24 - Mission Statement & the Performance Team

WEEK 12: DAY 5

- Read pages 647-650 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 24 - Legal & Ethical Issues

WEEK 12: DAY 6

- Read pages 651-656 in the Essentials of Strength Training and Conditioning 4th Edition
- Watch video: Chapter 24 - Staff Policies & Activities

WEEK 12: DAY 7

- Take practice exam