

## **FEA Strength and Conditioning Specialist (FSCS)**

Bridging Science with Performance

### **Course Overview**

This is a continuing education course for fitness professionals who want to use scientific knowledge to work with clients who want to improve a specific athletic action (performance). They conduct needs analysis and performance testing to discover training needs to develop an athlete-centred performance improvement programme. FEA believes a strength & conditioning specialist does not only emphasize the need to enhance physiological adaptations needed to perform better in a particular sport but also consider how to promote adherence, minimize injuries, and training imbalance from overuse movement or muscles.

### **Course Objectives**

- Provide tools to fitness professionals so they are able to work with clients with performance goals
- Develop coaching and exercise instructional skills on performance enhancing exercises
- Assess, design and implement strength & conditioning programme for performance improvement
- Strengthen your exercise science thus assisting you to write better conditioning programmes
- Provides you the practical application when you prepare for the NSCA Certified Strength & Conditioning Specialist (CSCS) exam.

### **Course Highlights**

- Exercises to build muscle, speed and strength
- Easy to use and modify workout programmes for foundation, performance, hypertrophy and functional hypertrophy
- Discover various performance testing methods to assess and track performance improvement.
- Be able to understand exercise science knowledge in depth and yet in an easier and fun method
- Fine-tune your exercise techniques with our experienced EduTrainers

### **Who Will This Benefit?**

- Fitness, Strength and Conditioning Professionals

### **Pre-requisite**

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and health-fitness programming are recommended to ensure learning objectives are achieved. It is recommended that participants come with current personal training certification (FEA Certified Fitness Practitioner will be an advantage).

**Course Provider**

Fitness Edutraining Asia (FEA)

**CEC Points**

ACE 2.8 CEC, NASM 1.9 CEU

**Course Duration**

4 days

**Learning Materials**

Manual (PPT) and Google Classroom. This course involves a blended learning format.

**What Are the Topics Covered?**

- Applied Exercise Science
- Exercise Choices, Guidelines and Techniques for Resistance Training, Plyometrics, Speed & Agility, Aerobic Endurance
- Programming Principles and Guidelines for Resistance Training, Plyometrics, Speed & Agility, Aerobic Endurance
- Instructional and Spotting Skills
- Athletic Testing
- Periodization and Programme Design for Various Sports

**Class Plan:**

Day 1

Orientation and Introduction

Warm-up and Flexibility

Fundamentals of Exercise Techniques

Resistance Training Exercises

Day 2

Power Exercises - Olympic Weightlifting

Plyometrics and Agility Drills

Resistance Training - Principles and Guidelines

Plyometrics Training - Principles and Guidelines

Influence of Biomechanics Towards Strength

Day 3

Sports Nutrition

Bioenergetics

Cardiovascular Training - Principles and Guidelines

Sports and Needs Analysis

Resting Measures and Functional Screening

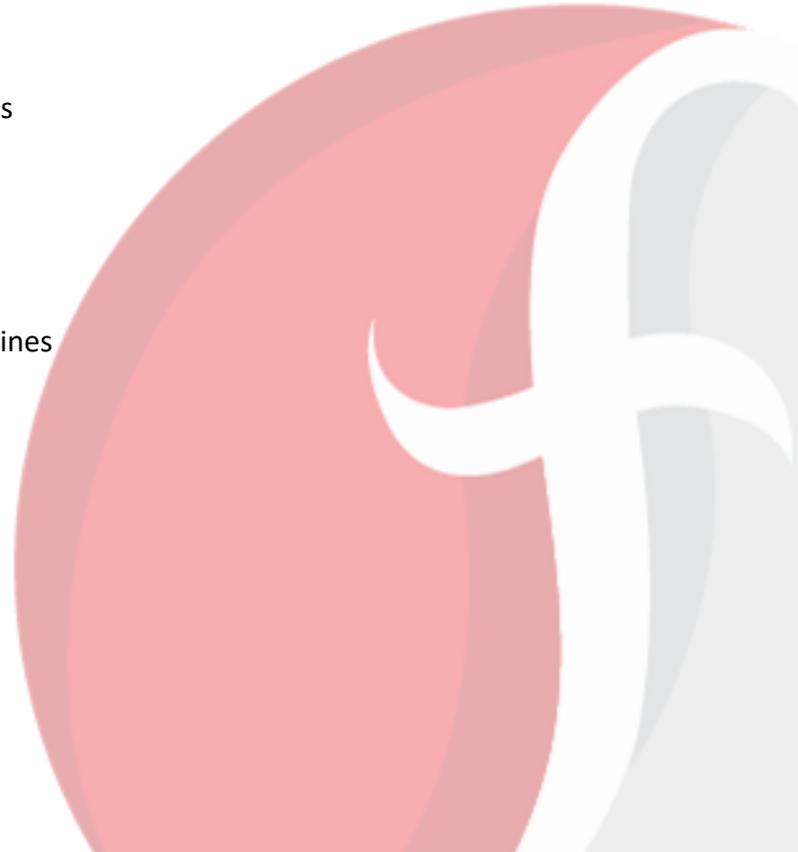
Day 4

Athletic Testing

Programming Samples

Case Studies

Fitness Edutraining Asia (FEA)



## Course EduTrainer

Jonathan Wong, *ACE CPT*

Strength & Conditioning Specialist | International Masters Weightlifting Champion

### Awards

1. You will be awarded "Certificate of Completion" upon successful attendance and participation
2. Upon passing grading criteria, you will be awarded the FEA Strength & Conditioning Specialist (FSCS) by FEA

### Grading Criteria

- Theoretical: 150 Multiple Choice Questions (40%)
- Theoretical: ONE (1) Case Study Programme Design (35%)
- Practical Exam (25%)
  - Demonstrate:
    - Any ONE Power Exercise (Weightlifting)
    - Any ONE Complex Power exercise
    - Any ONE Unilateral exercise
    - Front Squat, Back Squat or Deadlift

### Passing score: ≥70%

Certification to be completed within 90 days from last day class. Gold award will be given to candidates achieving 90% or more

Results and digital certificates will be sent via email within 6 weeks after final submission date

### Recertification

N/A

### Exam Fee

N/A

### Retake Fee

RM 150. Retake to be completed within 90 days of results release. Only ONE retake is allowed.

### Dress Code

Fitness Attire, Towels and Face Mask

### What Do I Need to Bring?

Stationery

### Course Capacity

16 pax

### Language

English

Information displayed above is correct during time of publishing and may subject to change without prior notice

### **What is the NSCA-CSCS?**

Certified Strength and Conditioning Specialists® (CSCS®) are professionals who apply scientific knowledge to train athletes for 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 regarding nutrition and injury prevention. Recognizing that their area of expertise is separate and distinct, CSCSs consult with and refer athletes to other professionals when appropriate

### **Who can apply for NSCA-CSCS?**

Candidates must have a Bachelor's degree or higher degree OR currently be enrolled as a college senior at an accredited institution. Candidates outside of the United States and Canada may submit a photocopy of the final transcript, degree diploma or certificate that was received at the completion of the degree program, showing attainment of at least a bachelor's degree as defined by the United States educational system.

Have a current CPR/AED certification (*refer to Certification Handbook for acceptable CPR/AED certifications*). Individuals that do not have current CPR/AED certification can still register and take the exam; however, a copy of valid CPR/AED certification must be received within 1-year of exam date.

### **The NSCA-CSCS Exam**

Exams are administered at hundreds of Pearson VUE testing centres worldwide. When you have finished studying and are ready to take the exam, you will need to register for the exam online. Within 2-3 business days after registering, you will receive an Authorization to Test email from Pearson VUE with instructions on how to schedule your exam. At that time, you will be able to select the date, time and location you wish to take your exam. Candidates can view exam appointment availability **after** registering for the exam.

For more NSCA-CSCS related matters, please visit <https://www.nasca.com/certification/cscs/>

### **Additional Information on CSCS Certification**

Students may purchase the membership & exam themselves on NSCA website (<https://www.nasca.com/certification/cscs/>).

Membership: USD 120 (professional)

Exam registration fees: USD 340 (Member); USD 475 (Non-Member) [Exams must be taken within 120 days of registering.]

Exam retake fees:

\* One section: USD 340 (Member); USD 475 (Non-Member)

\* Two section: USD 250 (Member); USD 385(Non-Member)

### **For manual:**

<https://www.nasca.com/store/store-overview/?page=1&sort=none&filter=EXPREPMAT:CSCS>

1. Combo of Digital learning from NSCA for CSCS (MP: \$162/ NMP: \$215): CSCS Study Guide (MP: \$20; NMP: \$27): <https://www.nasca.com/store/product-detail//ECD/2-004/2->

[004](#) & CSCS Practice Questions Bundle (MP: \$150; NMP: \$200): <https://www.nasca.com/store/product-detail//MISC/CSMISC/2-100>  
2. Essentials of Strength Training, 4ed (ebook at Human Kinetics, \$82): [https://us.humankinetics.com/products/essentials-of-strength-training-and-conditioning-4th-edition-pdf-with-web-resource?\\_pos=2&\\_sid=0ed78eab8&\\_ss=r/](https://us.humankinetics.com/products/essentials-of-strength-training-and-conditioning-4th-edition-pdf-with-web-resource?_pos=2&_sid=0ed78eab8&_ss=r/) / hardcopy with Human Kinetics Singapore: about \$70

**To student:**

We recommend you to purchase membership to get the most out from NSCA, and can enjoy cheaper rate for exam as well.

Exam testing site: <https://rb.gy/nsbxfi>

The Certified Strength and Conditioning Specialist® (CSCS®) exam is comprised of two sections that test the candidate's knowledge in the Scientific Foundations and Practical/Applied areas.

1. Scientific Foundations - 80 scored and 15 non-scored multiple-choice questions
2. Practical/Applied - 110 scored and 15 non-scored multiple-choice questions

The pass rate was 63% for first-time candidates attempting both sections of the CSCS exam in 2019.

Candidates must pass both sections and meet all other eligibility requirements within 1-year from initial exam date.

NSCA CSCS pre-requisite: <https://www.nasca.com/cscs-exam-prerequisites/>

Download the detailed content outline for the exam in the NSCA Certification Handbook(PDF). : <https://www.nasca.com/globalassets/certification/certification-pdfs/certification-handbook.pdf>

About NSCA CSCS exam: <https://www.nasca.com/cscs-exam-description/>

Download the NSCA CSCS detailed content outline & Job Task Analysis Summary: <https://www.nasca.com/globalassets/certification/certification-pdfs/certified-strength-and-conditioning-specialist-job-task-analysis-summary-2.pdf>