**CSCS Study Schedule (10 weeks)**



\*Change & extend weeks as you see fit. This is meant to keep you organized and on track.

\*\*Notice that this schedule is not in sequential order according to the textbook.

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| **Time / period** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Week 1** – Intro(3 chapters) | Chapter 1 – Structure & Function of Body Systems |  | Chapter 2 – Biomechanics of Resistance Exercise |  | Chapter 3 – Bioenergetics of Exercise & Training | Review/Application |
| **Week 2** – Training Adaptations(3 chapters) | Chapter 4 – Endocrine Responses |  | Chapter 5 – Adaptations to Anaerobic Training |  | Chapter 6 – Adaptations to Aerobic Training | Review/Application |
| **Week 3** – Nutrition(3 chapters) | Chapter 9 – Basic Nutrition |  | Chapter 10 – Nutrition Strategies |  | Chapter 11 - Performance Enhancement | Review/Application |
| **Week 4** – Age/Sex Differences & Psych(2 chapters) |  | Chapter 7 – Age/Sex Differences |  | Chapter 8 – Psychology & Performance |  | Review/Application |
| **Week 5** – Warm-up & Exercise Technique(3 chapters) | Chapter 14 – Warm-up & Flexibility |  | Chapter 15 – Free Weights & Machines |  | Chapter 16 – Alt Modes & Non- Traditional Training | Review/Application |
| **Week 6** – Program Design(2 chapters) |  | Chapter 17 – Resistance Training |  | Chapter 18 – Plyometric Training |  | Review/Application |
| **Week 7** – Program Design (cont)(2 chapters) |  | Chapter 19 – Speed & Agility |  | Chapter 20 – Aerobic Endurance Training |  | Review/Application |
| **Week 8** – Periodization & Rehab(2 chapters) |  | Chapter 21 - Periodization |  | Chapter 22 – Rehab & Reconditioning |  | Review/Application |
| **Week 9** – Test Selection/Scoring (2 chapters)  |  | Chapter 12 – Principles of Test Selection |  | Chapter 13 – Admin, Scoring, Interpretation |  | Review/Application |
| **Week 10** – Facility Design/Policies(2 chapters) |  | Chapter 23 – Facility Design, Layout, Organization |  | Chapter 24- Facility Policies, Procedures, Legal Issues  |  | Final Review/Application |
| **Exam Week** |  |  |  |  |  |  |

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