

CSCS Flashcards PDF

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What does CSCS stand for?

Certified Strength and Conditioning Specialist

What is the primary focus of a CSCS professional?

To enhance athletic performance through strength and conditioning programs.

What is the importance of a needs analysis in program design?

It helps identify the specific requirements of the athlete or sport to tailor the training program effectively.

What are the three energy systems used during exercise?

The phosphagen system, glycolytic system, and oxidative system.

What is the principle of specificity in training?

Training adaptations are specific to the type of exercise performed.

What is the recommended rest period for strength training?

Typically 2 to 5 minutes between sets for maximal strength.

What is periodization in strength training?

The systematic planning of athletic or physical training to optimize performance.

What is the role of protein in muscle recovery?

Protein helps repair and build muscle tissues after exercise.

What is the difference between aerobic and anaerobic exercise?

Aerobic exercise requires oxygen for energy production, while anaerobic exercise does not.

What is the recommended daily intake of water for athletes?

About 3 liters for men and 2.2 liters for women, but it can vary based on activity level.