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Strength and Conditioning Journal - NSCA

The Journal of Strength and Conditioning Research (JSCR) is the NSCA's scientific journal. This monthly publication prints original research information important to strength and conditioning practitioners. Many educational institutions, researchers, and professionals retain this journal as a valuable reference.

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The Journal of Strength and Conditioning Research. The Journal of Strength and Conditioning Research publishes original research, symposia, reviews, technical reports, and research notes to provide educational content with a mission to advance the strength and conditioning industry.

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The Journal of Strength and Conditioning Research (JSCR) is the National Strength and Conditioning Association's scientific journal. Now published monthly, JSCR features original research that addresses optimal physical performance through applied exercise science.

Journal of Strength and Conditioning Research

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