

# TACTICAL STRENGTH AND CONDITIONING (TSAC)

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## **TSAC 231 - Tactical Fitness Instruction and Application (3)**

*Prerequisite or Co-requisite: EXSC 227*

Applies scientific knowledge to physically train the military, fire and rescue, law enforcement, protective services, and other emergency personnel to improve performance, promote wellness, and decrease injury risk across the career. Emphasis will be on the application of strength and conditioning techniques in small to large group settings, occupational and physiological issues related to tactical populations, wellness interventions, exercise considerations across the career, exercise science topics, and program organization and administration.

*This course is only offered in the Spring.*

## **TSAC 241 - Psychological Resilience in Tactical Populations (3)**

*Prerequisites or Co-requisites: (BSCI 107 or BSCI 117 or BSCI 201) and TSAC 231*

Examines the role and repercussions of stress, and the process by which individuals cope and can build resilience in military, fire and rescue, law enforcement, protective services, and other emergency personnel. There will be an in-depth exploration and understanding of psychological and physiological reactions to stress and negative life events. This course will address concepts, theories, and empirical research related to resiliency factors, coping, and well-being in tactical populations.

*This course is only offered in the Spring.*

## **TSAC 251 - Essentials of Tactical Strength and Conditioning (3)**

*Prerequisites: TSAC 231, EXSC 227, and EXSC 240*

Explores the field of tactical strength and conditioning. The course will focus on tactical strength and conditioning professionals and their role and responsibilities working within tactical organizations. Emphasis will be placed on understanding human performance including testing and evaluation, exercise technique, program design, basic nutrition, coaching and communication skills, and human performance training in different tactical settings. This course prepares students to take the National Strength and Conditioning Association's Tactical Strength and Conditioning Facilitator Exam.

*This course is only offered in the Spring.*