

# TACTICAL STRENGTH AND CONDITIONING CERTIFICATE (CAREER)

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## Program Description

Prepares students to work with members of the Military, Police, Fire, and First Responders to improve fitness, decrease injury risk, develop strength and conditioning programs, and teach behavior modification and life-style adaptations.

This program prepares students to pass the National Strength and Conditioning Association's Tactical Strength and Conditioning Facilitator certification exam.

**The Tactical Strength and Conditioning Certificate Program is restricted to individuals currently serving in Law Enforcement, Fire and Rescue, Military or other First Responder roles. Valid and current identification is required for admission.**

## Program Learning Outcomes

- Describe the role of the strength and conditioning professional in the prevention and care of injury and lifestyle related disease in tactical populations.
- Define and conduct a needs analysis to initiate appropriate physical testing and assessment strategies in the tactical environment.
- Describe specific physiological challenges faced in various tactical populations.
- Identify occupational and lifestyle factors that affect fitness, exercise adherence, sleep, nutrition, and overall health of the tactical professional.
- Apply strategies to promote behavior modification and lifestyle related wellness.

## Program Requirements

Code	Title	Credits
<b>Departmental Requirements</b>		
Select one of the following:		3
BSCI 107	Study of the Human Body	
BSCI 117	Human Biology	
BSCI 201	Anatomy and Physiology I	
EXSC 180	Care and Prevention of Athletic Injuries	3
EXSC 227	Principles of Resistance Training Technique and Program Design	3
EXSC 240	Fitness Assessment and Programming	3
NUTR 102 or NUTR 200	Nutrition in a Changing World Principles and Application of Nutrition	3
TSAC 231	Tactical Fitness Instruction and Application (Spring)	3
TSAC 241	Psychological Resilience in Tactical Populations (Spring)	3
TSAC 251	Essentials of Tactical Strength and Conditioning (Spring)	3
Total Credits		24

## Transfer Note

For more information on careers and transfer, contact the Career and Academic Planning Services office at 301.846.2471 or visit Transfer Services (<https://www.frederick.edu/student-resources/counseling-advising/transfer-services.aspx>).

## Guided Pathway to Success (GPS)

Suggested schedules map your path to degree completion.

Students should meet with an advisor each semester to carefully select and sequence courses based on their specific academic goals and interests. Visit Jefferson Hall or call 301.846.2471 for advising.

Recommended First Semester		Credits
Select one of the following:		3-4
BSCI 107	Study of the Human Body	
BSCI 117	Human Biology	
BSCI 201	Anatomy and Physiology I	
EXSC 227	Principles of Resistance Training Technique and Program Design	3
NUTR 102 or NUTR 200	Nutrition in a Changing World or Principles and Application of Nutrition	3
Credits		9-10
Recommended Second Semester		
TSAC 231	Tactical Fitness Instruction and Application (Spring)	3
EXSC 240	Fitness Assessment and Programming	3
EXSC 180	Care and Prevention of Athletic Injuries	3
Credits		9
Recommended Third Semester		
TSAC 241	Psychological Resilience in Tactical Populations (Spring)	3
TSAC 251	Essentials of Tactical Strength and Conditioning (Spring)	3
Credits		6
Total Credits		24-25

## Part-time Students

Part-time students should complete courses in the order listed on the pathway. Please contact program manager for questions about part-time status.

Students who take fewer than 15 credits each semester or who require developmental English or Math coursework will need additional semesters to complete their degrees. Summer term and January session classes may help students to make faster progress.

## Pathway Legend

Milestone - courses with the Milestone notation should be taken within the recommend credit range to stay on track for program completion.

Fall, Spring, Summer - courses with a Fall, Spring, or Summer notation indicate the course is offered in the specified semester only.