

TACTICAL STRENGTH & CONDITIONING

 Frederick Community College



Program Contact

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Tactical Strength & Conditioning

The tactical strength and conditioning certificate program 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 lifestyle adaptations.

Tactical Strength & Conditioning Certificate

This selective admissions program is open to law enforcement, fire and rescue, and military populations only.

The Tactical Strength and Conditioning (TSAC) certificate program at Frederick Community College (FCC) prepares students to assess physical fitness, design and implement training programs, and improve health, wellness, and performance in law enforcement, fire and rescue, and military populations. Students learn to apply principles of exercise physiology, nutrition, strength and conditioning, and psychological factors to reduce injuries, improve job performance, and lower employer healthcare costs.

Completion of the program prepares students to sit for the Tactical Strength and Conditioning Facilitator (TSAC-F) certification through the National Strength and Conditioning Association.

Tactical strength and conditioning is a specialization within exercise science that focuses on fitness training to improve physical performance, health and wellness, and injury reduction in law enforcement, fire and rescue, and military populations. Specialized evidence-based training programs improve strength, endurance, power, speed, agility, mobility, and functional movements.

Properly designed and implemented exercise programs at all career stages, from new recruits to 20-year veterans, can increase success and longevity by addressing specific and unique challenges in the wide-ranging demands of tactical careers including shift work, long periods sitting, rapid increases in physical and psychological stress, varying work environments, or environmental stressors including heat, cold, and altitude.

Students develop scientific and practical knowledge to address these challenges and develop effective fitness training programs to improve overall health and job performance.

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 Highlights

- 24 credits; can be completed in one year (fall, spring, and summer).
- Fall and spring semesters are hybrid with online coursework plus in-person 1 day/week to develop hands-on skills and experience. Summer coursework is fully online.
- Designed for individuals working in law enforcement, fire and rescue, or the military. Prospective students must provide proof of employment for admission.
- Courses are taught by top-notch exercise science faculty who have experience training law enforcement, fire and rescue, and military populations.
- TSAC students have access to state-of-the-art human performance lab and strength and conditioning lab facilities.
- Prepares students to sit for the Tactical Strength and Conditioning Facilitator (TSAC-F) certification through the National Strength and Conditioning Association.

Financial Assistance

FCC provides a tuition payment plan for students who wish to spread payment over several months. Scholarship and loan assistance is available for eligible students. For complete scholarship information, contact Financial Aid at 301.846.2620.

View required course listings:
frederick.edu/TSAC

For more information:

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