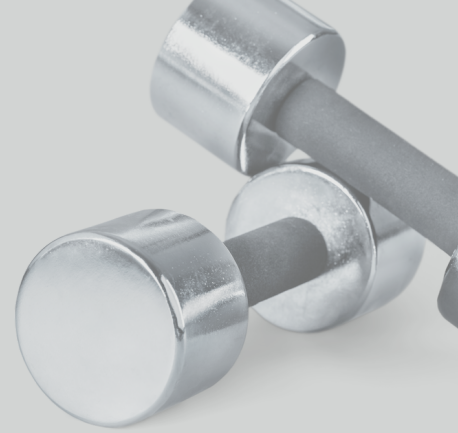


NSCA TSAC-F



Tactical Strength and Conditioning Facilitators® (TSAC-F®) apply scientific knowledge to physically train military, fire and rescue, law enforcement, protective services, and other emergency personnel to improve performance, promote wellness, and decrease injury risk. They conduct needs analyses and physical testing sessions, design and implement safe and effective strength training and conditioning programs, and provide general information regarding nutrition. Recognizing their area of expertise is separate and distinct, TSAC - Facilitators consult with and refer those they train to other professionals

- Exercise Sciences
- Nutrition
- Exercise Technique
- Program Design
- Organization and Administration
- Testing, Assessment, and Evaluation
- Wellness Intervention

AREAS OF FOCUS