

# The NSCA



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The National Strength and Conditioning Association (NSCA) is an international nonprofit educational association founded in 1978. As a trusted source, the NSCA develops and presents the most advanced information regarding strength training and conditioning practices and injury prevention.

## NSCA Mission

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.

NSCA TSAC Program  
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[www.nasca-lift.org](http://www.nasca-lift.org)



## NSCA TSAC Program

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# TSAC

*Tactical Strength  
and Conditioning*



National Strength and Conditioning Association

“ I wanted a greater emphasis on what I call functional fitness—not just a bunch of SWAT cops who can do ‘curls for the girls’ and bench-press 300 pounds but can’t run across the street. I wanted an outside look at designing a program to give me the most physically fit SWAT officer: one who has the strength and cardiovascular fitness to maintain a reasonable heart rate, shoot accurately and, more important, make sound decisions under stress and the TSAC program provides this. ”

Thor Eells, Division Commander  
Colorado Springs Police Department  
NTOA Regional Director

The National Strength and Conditioning Association’s (NSCA) Tactical Strength and Conditioning (TSAC) program targets military personnel, law enforcement officers, fire/rescue first responders, and those responsible for their physical training. The TSAC program is developed with and tested by leaders in the SWAT, Special Operations, Fire/Rescue, Military and Law Enforcement communities. The TSAC program combines the latest evidence based research, applied training methods and field experience to reduce injury risk while increasing strength, power, speed, agility and aerobic and anaerobic fitness. NSCA’s TSAC program offers tactical-specific education to provide the highest level of physical training possible to those who serve and protect our country and communities.

# What Can the TSAC Program Offer You?

## TSAC Facilitator’s Course

The TSAC Facilitator’s Course is open to Tactical Operators and Facilitator’s along with anyone interested in acquiring the highest level of education regarding training Tactical Operators. The purpose of the course is to educate and inform on the most up-to-date training methods being used to prepare Tactical Operators for the rigors of the field.

## TSAC Outreach Facilitator’s Course

The TSAC Outreach Facilitator’s Course is a customized course held at your site/facility to target the specific needs of your unit or department. For more information or to set-up a TSAC Outreach Facilitator’s Course email: [TSAC@nsca-lift.org](mailto:TSAC@nsca-lift.org).



## TSAC Report

The TSAC Report is a complimentary online journal containing peer-reviewed articles related to operational fitness, tactical specific physical training, nutrition and injury prevention written by experts in the field of strength and conditioning, tactical research, sports science and tactical training. Sign up to receive this publication at, [www.nsca-lift.org/TSAC](http://www.nsca-lift.org/TSAC). To contribute to the report email [TSAC@nsca-lift.org](mailto:TSAC@nsca-lift.org) for a copy of the guidelines and requirements.



## Coming Soon

### Essentials of Tactical Strength and Conditioning

The Essentials of Tactical Strength and Conditioning book will be the most comprehensive text book for Tactical Facilitators and Tactical Operators available. A collection of industry leading authors and practitioners have been brought together to compile a complete scientifically-based, practical approach to training Tactical Operators. Designed to be the definitive resource on strength and conditioning for Tactical Facilitators, this textbook will act as the course guide for TSAC Facilitator Course(s) and be the resource for all tactical online education initiatives. This comprehensive book will set the NSCA TSAC program apart from the rest of the industry by delivering the most up-to-date and applicable scientifically-based information which can be implemented for all Tactical Operators working with military, police and fire/rescue personnel.

**Tactical Facilitator** is defined as a person responsible for training Tactical Operators in any capacity.

**Tactical Operator** is defined as military, law enforcement, fire/rescue, first responders, and EMS operators sworn to protect their country and/or community in high-risk situations which demand dynamic levels of strength, speed, power, stamina and agility. The Tactical Operator is both aerobically fit (performing longer, harder, and recovering faster) and anaerobically fit (executing intense and explosive skills within a short period of time).

