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Topics

- Overview of content covered on the TSAC-F exam
- Explanation of the complexity and types of questions on the TSAC-F exam
- Tips and strategies
- Development of exam questions

TSAC-F Scope of Certification

- **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
- **Conduct**
 - needs analyses and physical testing sessions, **design** and **implement** safe and effective strength training and conditioning programs, and provide general information regarding nutrition
- **Consult with and refer**
 - to other professionals when appropriate



Content Weighting

Domain	% Exam Section	# of Questions
Exercise Science and Training Adaptations	20%	26
Nutrition	10%	13
Exercise Technique	20%	26
Program Design	35%	46
Organization, Administration, Testing and Evaluation	15%	19
Total	100%	150*
* 20 non-scored questions		
Length of exam = 3 hours		



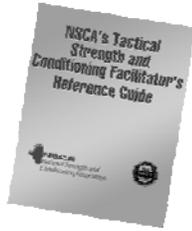
TSAC-F Course Overview

- This online review course provides an overview of the key principles and topics related to the TSAC-F Certification Exam
- Chapters include:
 - Introduction
 - Exercise Science and Training Adaptations
 - Exercise Technique
 - Program Design
 - Organization and Administration and Testing and Evaluation
 - Nutrition
- End of Course Practice Exam



TSAC-F Exam Prep Materials

- Primary
 - NSCA's Tactical Strength and Conditioning Facilitator's Reference Guide eBook
- Secondary
 - TSAC Report
 - TSAC-F Practice Exam
 - TSAC-F Exam Content Description booklet



Certification Exam Registration

- Register at NSCA.com/certification
 - Paper/Pencil
 - Predetermined date/locations, results in 6-8 weeks
 - Computer-Based
 - Register online, schedule with AMP, 120 days to take exam, results immediately
 - 160 computer-based testing locations (U.S. only)



Exam Question Scope

- NSCA certification exam questions are developed by an Exam Development Committee
 - Group of Subject Matter Experts (SMEs)
 - Review data on the frequency and importance of tasks performed by tactical athletes
 - Exam questions are tested and evaluated routinely



Exam Question Types

- Three exam question types:
 1. Recall (RE)
 2. Analysis (AN)
 3. Application (AP)



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Exam Question Types: Recall

- Only memory is required
- Information can be found directly from study materials
- Tips for answering
 - Attempt to answer the question before reading the answer options
 - Eliminate one answer
 - Change your thought process



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Exam Question Types: Application

- Requires interpretation or manipulation of limited concepts
- Application of scientific theory based on the situation
- Involve singular “if-then” relationships
- Tip for answering
 - Determine what the question is asking



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Exam Question Types: Analysis

- Integration and/or synthesis of a variety of concepts
- May require multiple steps
- “Atypical” questions based on scenarios
- Typically take a longer time to answer
- Tip for answering
 - Selecting the BEST or MOST appropriate answer



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Common Exam Questions

1. “I disagree with an answer...”
 - Questions are evaluated statistically; low scoring questions are discarded
2. “The question had two options that could be correct...”
 - For example: what is the correct technique for a step-up?
 - *Default to the study materials for the standard answer*
 - Focus on the BEST or MOST applicable answer based on the information given about the athlete



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