NSCA® NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

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Tactical Strength and Conditioning Facilitator Job Task Analysis Summary

On behalf of the NSCA, Pearson Vue conducted a job task analysis (JTA) for the Tactical Strength and Conditioning Facilitator (TSAC-F) certification November 3-4, 2017 in Colorado Springs, CO. The meeting was held over a 2-day period and contained eleven subject-matter experts (SMEs) from various disciplines across the tactical community (i.e. fire, police, military, EMT). The outcome of this process was a new test specification or detailed content outline (blueprint) for the TSAC-F exam that reflects the current and relevant practices in the field.

A JTA is a systematic, documented process for obtaining information about the professional attributes of individuals with a credential or for whom the credential is designed. These attributes include the actual responsibilities, duties, and tasks, as well as the knowledge, skills, and abilities (KSA) necessary to perform those tasks. The purpose of the JTA is to determine the structure of an exam and ultimately construct (or revise) the exam blueprint. The exam blueprint also impacts the types of items that can be written, cognitive level of items, and the number of items in each content area that can be assigned to a test.

New Blueprint Date Effective: **January 1, 2019.**

- All exams administered **before** January 1, 2019 will follow the existing blueprint (Pages 2-11).
- All exams administered **on or after** January 1, 2019 will follow the new blueprint (Pages 12-19).
- It is possible to register for the TSAC-F examination and be studying from the old blueprint, but take the exam when the new blueprint becomes active. Please be conscious and aware of this if you register for the exam in the Fall 2018.

Changes to the TSAC-F Blueprint:

Much of the blueprint remained the same as the previous one, tasks were simply rearranged among different domains. One domain was separated into two separate domains and a new domain (Wellness Intervention) was added for a total of seven domains with individual tasks and subtasks within each domain.

Existing Domain 5: Organization, Administration, Testing, Evaluation; split into 2 separate domains.

New Domain 5: Organization and Administration

New Domain 6: Testing, Assessment, and Evaluation

New Domain 7: Wellness Intervention

Existing Blueprint (Effective until December 31, 2018):

Exams administered through December 31, 2018, will be based on the following existing Detailed Content Outline.

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
I. EXERCISE SCIENCES	**9**	**15**	**2**	**26**
A. Apply General Concepts of Anatomy and Physiology 1. Muscle anatomy (e.g., muscle group names, specific muscle names) 2. Muscular dynamics involved during movement patterns (e.g., types of muscle action) 3. Bone and connective tissue anatomy 4. Bone and connective tissue responses to exercise 5. Cardiopulmonary anatomy (e.g., heart and vascular structure, lungs and respiratory system structure) 6. Cardiopulmonary responses to exercise B. Apply Basic Concepts of Neuromuscular Anatomy and Physiology 1. Neuromuscular anatomy (e.g., motor unit, Type I and II fibers, muscle spindles, Golgi tendon organs) 2. Neuromuscular responses to exercise (e.g., chronic neuromuscular adaptations, motor unit recruitment patterns, nerve conduction, summation) C. Apply the Basic Principles of Biomechanics Regarding Exercise Selection, Execution, and Operation/Mission Performance 1. Kinetic laws and principles of movement (e.g., lever systems, momentum, work, isometric/isotonic/isokinetic) 2. Kinematic laws and principles of movement (e.g., velocity, anatomical planes of movement, joint angles) 3. Various types of muscle action (isometric, concentric, and eccentric) and the force-velocity and torque-velocity relationships 4. Role of muscles in movement (e.g., agonist, antagonist, synergist, stabilizer)				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
D. Describe Bioenergetics and Metabolism (e.g., names and characteristics of energy systems, effects of manipulating training variables) E. Describe Physiological Adaptations to Exercise Designed to Improve… 1. Aerobic endurance 2. Muscular endurance 3. Strength 4. Speed 5. Power F. Explain Detraining and Retraining 1. The usual time course of detraining and retraining 2. Minimum training requirements to maintain training adaptations G. Explain the Expected Anatomical, Physiological, and Biomechanical Differences of Tactical Athletes (e.g., age, gender, training status, position responsibilities, specific operation/mission or activity) H. Correlate Phases of Rehab (e.g., protection, controlled motion, return to function) with Tissue Healing Phases (e.g., inflammation, repair, remodel) I. Identify Environmental Concerns (e.g., heat, cold, altitude, smoke, uneven terrain) for Tactical Athletes 1. Physiological response to exercise in adverse conditions 2. Environmental illnesses (e.g., heat stroke, hypothermia) and their predisposing factors 3. Effects on physical performance and work capacity 4. Process and time course of acclimatization/adjustment 5. Recommended limitations to physical exercise in adverse conditions 6. Impact of body composition on tolerance 7. Apparel for exercise 8. Manipulation of training programs when training in adverse conditions				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
II. NUTRITION	**9**	**4**	**0**	**13**
A. Explain Nutritional Factors Affecting Health and Performance 1. Health-related and performance-related application of food (e.g., food groups, food exchanges, ChooseMyPlate.gov, nutrient density, glycemic load) 2. Basic nutritional needs of individuals and the unique nutritional needs of conventional military and special operations and emergency personnel (e.g., proteins, carbohydrates, vitamins, minerals) 3. Caloric expenditure during various forms of exercise 4. Coronary artery disease risk factors associated with dietary choices and obesity (e.g., cholesterol, triglycerides, saturated fat) 5. Effects of fluid and electrolyte balance/imbalance on health and performance B. Explain Nutritional Strategies for Optimizing Body Composition and Maximizing Physical Performance and Recovery 1. Nutritional strategies for fat loss and gain and lean body mass increase 2. Timing and composition of nutrient and fluid intake before, during, and after an exercise session or operation/mission 3. Nutritional factors that affect muscular endurance, hypertrophy, strength, and aerobic endurance 4. Nutrition requirements during deployment and shift work a. effects of prolonged periods operating on a caloric deficit (deployment or prolonged emergency response) b. nutritional strategies for coping with unpredictability of access to food and water C. Describe Signs, Symptoms, Behaviors, and Performance Variations Associated with Obesity, and Altered Eating Habits and Disorders				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
D. Explain the Effects, Risks, and Alternative of Common Performance-Enhancing Substances, Supplements, and their Methods of Use (e.g., creatine, protein, anabolic steroids, blood doping, caffeine, supplemental oxygen) 1. Effects of ergogenic aids on performance 2. Side effects of ergogenic aids 3. Signs and symptoms of ergogenic aid abuse				
III. EXERCISE TECHNIQUE Teach safe and effective techniques including preparatory body and limb position (stance, posture, alignment), execution of technique (body and limb positions, movement mechanics, breathing), correction of improper exercise technique, and spotting for...	**6**	**20**	**0**	**26**
A. Warming Up Prior to Endurance Exercise, Resistance Training, Plyometric Exercise, and Speed Work B. Resistance Training Exercise Technique 1. Free weight training equipment 2. Resistance machines C. Alternative Modes (e.g., proximal stability, stability balance, calisthenics under load, bodyweight-only, functional), Alternative Implements (e.g., truck tires, sledge hammers, heavy ropes, logs, suspension straps, sand bags), and Alternative Environments (e.g., off camber, uneven terrain) for Physical Training D. Plyometric Exercise Technique Including Recommendation of Type, Frequency, and Volume of Exercise Based on Training Status and Goals E. Speed/Sprint Technique (e.g., resisted and assisted sprinting, speed-strength) Both With and Without Operational Equipment (e.g., firefighting equipment, protective vests, weapons, rucksack) Including Training Needs of Specific Conventional Military and Special Operations and Emergency Personnel F. General Agility Technique (e.g., forward, backward, lateral, turn, transition, change of direction) Including Training Needs of Specific Conventional Military and Special Operations and Emergency Personnel G. Aerobic Endurance Exercise Technique 1. Cardiovascular equipment including machine programming and set-up				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
2. Functional endurance activities H. Flexibility Exercise Technique 1. Static stretching exercises 2. Proprioceptive neuromuscular facilitation (PNF) stretching exercises 3. Dynamic and ballistic stretching exercises 4. Myofascial release (e.g., foam rolling)				
IV. PROGRAM DESIGN	**5**	**19**	**22**	**46**
A. Based on a Tactical Athlete's Health Status, Strength and Conditioning Level, Work Demands, and Individual Training Goals, Design Training Programs that Maximize Performance, Reduce Injury Risk, and Increase Long-Term Wellness by Selecting Exercises Based on Muscle Groups, Movement Pattern, and Job Specificity… 1. Targeting specific energy systems by manipulating training variables (e.g., mode, intensity, duration, volume, work:rest ratio) 2. Incorporating various training methods and modes (e.g., resistance, plyometric, speed/sprint, agility, aerobic, flexibility, anaerobic threshold) 3. Utilizing the concept of specificity 4. Maximizing muscle balance 5. Applying the principles of exercise order a. selection of the order of exercises based on the training goal (e.g., muscular endurance, hypertrophy, strength, power, aerobic endurance) b. application of various exercise orders (e.g., large to small muscle groups, alternating push with pull, warm-up/workout/cool-down) 6. Determining and assigning appropriate exercise intensities a. based on exercise or predicted heart rate b. based on training goal 7. Determining and assigning appropriate training volumes a. identification of outcomes associated with the manipulation of training volume				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
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b. determination of volume based on the training goal 8. Determining and assigning appropriate work periods/duration, rest periods, and training frequencies a. determination of duration, intensity, and work/rest patterns based on micro-, meso-, and macrocycles and training goals b. identification of a training load based on work schedule and optimization of recovery 9. Determining and assigning appropriate exercise progression a. determination of exercise mode, intensity, duration, and frequency progression to avoid stagnation and overtraining (on or off-shift) b. determination of an exercise progression based on the training goal 10. Applying the principles of periodization a. selection of training variations based on operation/mission/season b. design of a periodized training program specific to the demands of a operation/mission or occupation c. design of a periodized training program specific to an operator's training level d. selection of linear (traditional) and non-linear periodization (non-traditional, concurrent training), and Block training 11. Implementation of flexibility training a. proper timing during a training session b. selection of type B. Design Training Programs for an Injured Tactical Athlete to Maintain Training Status During the Rehabilitation and Reconditioning Period (e.g., assign safe and appropriate exercises for a given injury or condition under the direction of an athletic trainer, physical therapist, physician) 1. Identification of training objectives for each phase of rehabilitation (e.g., protection, controlled motion, return to function)				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
2. Modification of exercises to allow injured tactical athlete to continue training as appropriate (e.g., unilateral lifts 3. Monitoring progress of injured tactical athletes through functional assessment C. Population Specific Considerations (E.G., firefighters, first responders, law enforcement, SWAT) 1. Describe Effects of Body Composition on Occupation-Related Tasks 2. Identify Methods by Which Force Output of Muscle Can Be Increased for Occupation-Related Specific Tasks 3. Describe Impacts of Equipment Load on Biomechanical Demands and Movement Patterns, and the Development of Functional Training Choices 4. Identify Anaerobic Training Methods Specific to Occupation-Specific Tasks 5. Identify Aerobic Training Methods Specific to Occupation-Specific Tasks 6. Describe Effects of Environmental Concerns on Physical Work Capacity 7. Recognize Common Injury Prevalence and Risk Factors Across Different Disciplines (e.g., wildland, police) and Sub-Disciplines (e.g., engine crews, trunk crews, hotshot crews, SWAT) 8. Explain Responses of Bone, Muscle, and Connective Tissue to Occupation-Related Job Tasks Under Load 9. Explain Acute Responses and Chronic Adaptations of the Endocrine and Cardiovascular Systems to Occupation-Related Job Tasks in High Stress Situations 10. Recognize the Causes, Signs, Symptoms, and Effects of Overtraining Caused by Occupation-Related Work Environments 11. Describe Advantages and Disadvantages of Performing Physical Training While On- and Off-Duty 12. Describe Common Chronic Injuries/Diseases				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
13. Select Wellness Strategies to Decrease Risk of Heart Disease Considering Nutritional Intake, Physical Activity, Stress Reduction, Smoking Cessation, Sleep Deprivation, etc. 14. Task Analysis for Fire/Emergency, Law Enforcement, and Conventional Military and Special Operations a. identify critical job tasks b. discuss physiological, movement, and injury analyses as they apply to each critical task c. design a periodized program based on the job task analysis 15. Design Physical Training Programs to Optimize Load Carriage a. improvement of short duration, high intensity load bearing b. improvement of long duration, low intensity load bearing c. improvement of mission-related heavy lifting d. improvement of mission-related submaximal lifting and carrying				
V. ORGANIZATION, ADMINISTRATION, TESTING, EVALUATION	**8**	**9**	**2**	**19**
A. Organization and Administration 1. Design, Layout, and Organization of the Training Facility a. identify specific space and equipment needs of the population(s) (e.g., conventional military, special operations, emergency personnel) that will use the facility b. apply strategies to arrange and space the equipment within/without the facility 2. Policies and Procedures of the Training Facility a. identify the primary duties and responsibilities of the various personnel of the training facility b. establish rules for using the facility 3. Safe Training Environment a. establish pre-participation screening requirements for the target population				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
b. establish checklists and schedules for equipment maintenance and cleaning c. identify common litigation issues and methods for reducing and/or minimizing the risk of liability within the facility d. obtain insurance coverage e. establish procedures to respond to emergencies in the training environment f. recognize symptoms related to overuse and acute training injuries, and overtraining g. recognize when to refer a tactical athlete to another professional (e.g., athletic trainer, physical therapist, physician, registered dietitian) h. establish procedures for recording the type, severity, and mechanism of injuries that occur during physical training i. modify the facility or program to enhance training safety 4. Establish Policies with the Department or Agency Supervisors Regarding the Type of Data Generated from the Program and the Frequency with which It Is Collected (e.g., improvements in physical fitness, participation rates) 5. Create a Training Log 6. Describe the Dynamics/Logistical Considerations of Training Large Groups (e.g., limited equipment, on “heavy days”, circuit training, inexperienced tactical athletes) B. Testing and Evaluation 1. Test Administration a. describe tests used by tactical organizations (e.g., Army Combat Readiness Test) b. select tests based upon the unique aspects of the tactical athlete’s work demands and training status c. develop alternative tests for injured/restricted individuals d. organize testing procedures to efficiently use equipment, personnel, and time				

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e. establish a plan for testing frequency integrated within the overall periodized program f. explain testing equipment and procedures to tactical athletes g. administer testing protocols and procedures to ensure reliable data collection 2. Evaluation of Results a. discuss criteria for rating test performance b. use test results to design or modify training programs c. coach a tactical athlete who is not performing to departmental physical performance standards d. use psychological and motivational techniques to enhance training and performance e. discuss pass/fail rates				
Totals	**37**	**67**	**26**	**130**

Updated Blueprint (effective beginning January 1, 2019):

Exams administered beginning on January 1, 2019, will be based on the updated Detailed Content Outline as a result of the recent Job Task Analysis.

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
I. EXERCISE SCIENCES	**7**	**13**	**4**	**24**
A. Apply General Concepts of Anatomy and Physiology 1. Muscle anatomy (e.g., muscle group names, specific muscle names) and muscle responses to exercise 2. Bone and connective tissue anatomy and responses to exercise 3. Cardiopulmonary anatomy and responses to exercise 4. Explain responses of bone, muscle, and connective tissue to occupation-related job tasks under load B. Apply Basic Concepts of Neuromuscular Anatomy and Physiology 1. Neuromuscular anatomy (e.g., motor unit, Type I and II fibers, muscle spindles, stretch shortening cycle, Golgi tendon organs) 2. Neuromuscular responses to exercise (e.g., chronic neuromuscular adaptations, motor unit recruitment patterns, nerve conduction, summation) C. Apply the Basic Principles of Biomechanics to Exercise Selection Relative to Operation/Mission Performance 1. Kinetic laws and principles of movement (e.g., lever systems, momentum, work, isometric/isotonic/isokinetic) 2. Kinematic laws and principles of movement (e.g., velocity, anatomical planes of movement, joint angles) 3. Relationship of type of muscle action (i.e., isometric, concentric, and eccentric) to force production (i.e., force- velocity and torque-velocity relationships) 4. Muscle dynamics and the role of muscles in movement (e.g., agonist, antagonist, synergist, stabilizer) D. Describe Bioenergetics and Metabolism (e.g., names and characteristics of energy systems, effects of manipulating training variables)				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
E. Describe Physiological Adaptations to Exercise Designed to Improve Physical Performance (e.g., aerobic endurance, muscular endurance, muscular strength, speed and agility, muscular power, and flexibility) 1. Explain physiological implications related to age, sex, and training status F. Explain Detraining and Retraining 1. The usual time course of detraining and retraining 2. Minimum training requirements to maintain training adaptations G. Identify Environmental Concerns (e.g., heat, cold, altitude, smoke, uneven terrain) for Tactical Athletes 1. Physiological adaptations to diverse environmental conditions 2. Environmental illnesses (e.g., heat and cold injuries, altitude sickness) and their predisposing factors 3. Effect of environmental conditions on physical performance and work capacity 4. Process and time course of acclimatization/adjustment 5. Recognize limitations to physical exercise in adverse conditions and manipulate training programs accordingly 6. Effects of apparel selection and impacts on thermoregulation H. Explain the Endocrine (Hormonal) Responses to Exercise and Stress 1. Explain acute responses and chronic adaptations of the endocrine system to exercise and occupation-related job tasks in high stress situations 2. Recognize the causes, signs, symptoms, and effects of overtraining caused by inappropriate exercise and occupation-related work environments				
II. NUTRITION	**6**	**8**	**1**	**15**
A. Explain Nutritional Factors Affecting Health and Performance				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
1. Health-related and performance-related application of food (e.g., food groups, food exchanges, ChooseMyPlate.gov, nutrient density) 2. Basic nutritional needs of individuals and the unique nutritional needs of tactical athletes (e.g., proteins, carbohydrates, fats, vitamins, minerals) 3. Caloric expenditure during various forms of exercise and occupational tasks 4. Chronic disease risk factors associated with dietary choices and obesity 5. Effects of fluid and electrolyte balance/imbalance on health and performance 6. Effects of unpredictable and/or prolonged schedules during deployment, field exercise, and shift work on nutritional status B. Explain Nutritional Strategies for Optimizing Body Composition and Maximizing Physical Performance and Recovery 1. Nutritional strategies for altering and maintaining body composition 2. Timing and composition of nutrient and fluid intake before, during, and after an exercise session or operation/mission/shift 3. Nutritional factors that affect muscular endurance, hypertrophy, strength, and aerobic endurance 4. Nutrition strategies to mitigate unpredictable and/or prolonged schedules during deployment, field exercise, and shift work C. Recognize Signs, Symptoms, Behaviors, and Performance Variations Associated with Altered Eating Habits and Disorders D. Explain the Effects, Risks, and Alternatives Associated with Common Dietary Supplements (e.g., creatine, protein, caffeine) 1. Effects, side effects, and signs and symptoms of dietary supplement use				
III. EXERCISE TECHNIQUE	**4**	**15**	**6**	**25**
A. Teach safe and effective exercise techniques				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
1. Preparatory body and limb position (stance, posture, alignment) 2. Execution of technique (body and limb positions, movement mechanics, breathing) 3. Identification and correction of improper exercise technique 4. Spotting B. Explain a Dynamic Warm-up that is Biomechanically and Metabolically Specific to the Prescribed Exercise Plan 1. Expertise in movement patterns and energy systems C. Demonstrate and Explain Resistance Training Exercise Technique 1. Free weight training equipment 2. Resistance machines 3. Bodyweight resistance (e.g., proprioception, functional movement) 4. Alternative Implements (e.g., rope climbing, kettlebells, load carriage) D. Explain Plyometric Exercise Technique E. Explain Speed/Sprint Technique both with and without Occupational Equipment 1. Recognize the difference between acceleration and maximal speed and their application F. Explain General Agility Technique 1. Multidirectional movement to include stopping, starting, dropping and rising 2. Explain the difference between change of direction speed and agility G. Explain Aerobic Endurance Exercise Technique 1. Cardiovascular exercise modalities (i.e., machine and non-machine) 2. Machine programming and set-up 3. Occupational specific endurance activities (e.g., load carriage) H. Explain Flexibility Exercise Technique 1. Static stretching exercises				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
2. Proprioceptive neuromuscular facilitation (PNF) stretching exercises 3. Dynamic and ballistic stretching exercises 4. Myofascial release (e.g., foam rolling)				
IV. PROGRAM DESIGN	**7**	**13**	**10**	**30**
A. Perform a Needs Analysis Based on Job Requirements 1. Identify critical job tasks 2. Identify physiological, movement, and injury risk factors as they apply each critical task 3. Identify energy systems associated with critical job tasks B. Identify Circumstantial/Lifestyle Factors 1. Professional factors (e.g., work schedule, environmental factors) 2. Personal factors (e.g., family obligations, personal fitness goals) C. Assess and Evaluate Current Health, Fitness, and Performance Status 1. Identify abilities and limitations (e.g., age, sex, training status, injury status) 2. Identify potential mandatory fitness requirements D. Design Training Programs that Maximize Performance, Reduce Injury Risk, and Increase Long Term Wellness 1. Target specific energy systems by manipulating training variables (e.g., mode, intensity, duration, volume, work:rest ratio) 2. Incorporate various training methods and modes (e.g., resistance, plyometric, speed/sprint, agility, aerobic, flexibility, anaerobic threshold) 3. Utilize the concept of specificity 4. Optimize muscle balance 5. Apply the principles of exercise order based on the goal of the training session 6. Establish appropriate exercise progression/regression				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
7. Apply the principles of periodization based on occupational demands 8. Develop appropriate training variations based on environmental constraints and operational tempo 9. Identify training objectives for each phase of rehabilitation and reconditioning, and modify program based on abilities and limitations E. Incorporate Mental Skills into Program Design 1. Motivational techniques 2. Mental imagery 3. Team dynamics				
V. ORGANIZATION AND ADMINISTRATION	**4**	**5**	**1**	**10**
A. Design and Organize the Training Area 1. Identify specific space and equipment needs of the population(s) that will use the area 2. Apply strategies to arrange and space the equipment within the training area B. Implement Policies and Procedures for the Training Area 1. Recognize the primary duties and responsibilities of the various personnel of the training area 2. Establish rules for using the area based upon current industry best practices and organizational guidelines C. Create a Safe Training Environment 1. Identify pre-participation screening and medical referral requirements for program participants 2. Establish checklists and schedules for equipment maintenance and cleaning 3. Identify common litigation issues and methods for reducing and/or minimizing the risk and liability 4. Establish and/or follow procedures to respond to emergencies 5. Maintain appropriate training records				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
6. Identify needs and strategies to accommodate dynamics/logistics of training large groups (e.g., limited equipment, experience level of tactical athletes and supervision of training) D. Understand Professional and Legal Responsibilities 1. Recognize litigation issues and circumstances 2. Know when to refer individual to and/or seek input from appropriate health care professionals (e.g., chronic disease, eating disorder behavior, supplement use, injury, pain, behavioral health issues)				
VI. TESTING, ASSESSMENT, AND EVALUATION	**5**	**7**	**2**	**14**
A. Administer Test 1. Recognize tests used by tactical organizations (e.g., Physical Fitness Tests, Job Suitability Tests, Fitness for Duty Test) 2. Explain, and when appropriate, select tests based upon the unique aspects of the tactical athlete's work demands, administrator and equipment availability, time constraints, and training status 3. Develop alternative tests and make reasonable accommodations for individuals with different abilities and limitations 4. Establish a plan for frequency of testing 5. Administer testing protocols and procedures to ensure accurate and reliable data collection B. Evaluate Results 1. Discuss criteria for rating test performance 2. Use test results to design or modify training programs 3. Discuss differences between tests, assessments and evaluations				
VII. WELLNESS INTERVENTION	**5**	**5**	**2**	**12**
A. Describe Advantages of Performing Various Types of Physical Training				

Tactical Strength and Conditioning Facilitator (TSAC-F) Detailed Content Outline 130 Items	Cognitive Level			Total # of Questions
	Recall	Application	Analysis	
B. Describe Risks and Outcomes (e.g., stress fractures, over training) of Inappropriate Training (e.g., single modality training, excess volume and/or intensity) C. Describe and Mitigate Risk Factors Associated with Common Chronic Injuries/Diseases D. Understand Effects, Side Effects, Signs and Symptoms of Common Ergogenic Aids, and their Methods of Use E. Understand How Lifestyle and Occupation Affects Health Wellness and Performance				
Totals	**38**	**66**	**26**	**130**