Training the Tactical Athlete

This 3 credit hour course will discuss the unique training aspects involved with: MILITARY PERSONNEL, POLICE, and FIREFIGHTERS.

This class will advance the knowledge of strength and conditioning concepts learned during 3873 or 4873 in a more applied setting, specifically focusing on the needs of tactical athletes, such as military personnel, law enforcement officers, and firefighters who are required to develop and maintain a high level of operational fitness. This course will prepare students to take the Tactical Strength and Conditioning (TSAC) certification exam proposed by the National Strength and Conditioning Association (NSCA).

THIS COURSE WILL COUNT AS AN UPPER-DIVISION ELECTIVE FOR HES STUDENTS

!!! Mon & Wed 3-4:15pm - ENROLL TODAY !!!