

Florida Atlantic University
Department of Exercise Science and
Health Promotion PET-4930-001: Tactical
Strength and Conditioning CRN# 98904
Fall 2015-3 credits

Class: M/W 4:00-5:20
Location: See Course Schedule for Location
Instructor:
Office:
Office hours:
Contact:
Email:

Required Text: NSCA's Tactical Strength and Conditioning Facilitator's Reference Guide eBook, National Strength & Conditioning Association; Human Kinetics (2013) ISBN: 978-0736058032

Optimizing Strength Training, Designing Nonlinear Periodization Workouts
William Kraemer, Steven Fleck; Human Kinetics (2007) ISBN-13: 9780736060684

Course Description:

Methods and techniques associated with the training and conditioning of tactical athletes and similar related groups will be addressed. Tactical athletes will include military, law enforcement, firefighter, rescue, and other emergency personnel. The use of periodization as a key method in training and preparation of tactical athletes will be covered along with hands on experiences to familiarize the student with training variables unique to these occupations.

Course Objectives:

Demonstrate an in-depth knowledge of the unique training and conditioning requirements of tactical athletes, with an emphasis on the physiological, metabolic, and biomechanical demands related to these occupations.

The student should be able to demonstrate knowledge of the principle of exercise specificity and apply this knowledge in planning training sessions that are specific for the development of both aerobic and anaerobic capacity, as well as muscular strength, endurance, and power to increase the performance level of tactical athletes. The student should also be able to understand and apply physical testing parameters in the tactical field and how to implement new testing strategies to better gauge performance.

Course Requirements:

This class is web-assisted. The syllabus, handouts, assignments, and class lectures will appear on Blackboard. To access these materials, sign on to <http://blackboard.fau.edu>. Using Blackboard in this course does not absolve you from the requirement to attend all lectures and class meetings.

Exams, 100 pts

There will be midterm and final exams in this course. Exams may be multiple choice or written. You are required to obtain large, blue, NCS scantron sheets for these exams (they are not provided) if the exam is multiple choice. If a test is missed, it will be assigned a grade of 0%, unless it is due to a university approved excuse, with documentation.

Labs, 100 pts

There will be four labs throughout the semester to familiarize the student with tactical training. These will involve physical activity and an accompanying write up. More details will be given in class.

Tactical Training Plan & Journal, 100 pts

You will be required to develop and follow a tactical training plan throughout the semester. You will keep your current training information through a journal on blackboard and then write an evaluation of your training plan.

Presentation, 50pts

You will be required to present a topic once during the semester. All presentations need to be approved by the instructor and must relate to the TSAC field.

Participation, 50pts

To fully understand tactical training you must be present and participate in all hands on training sessions. If you are unable to participate for any reason you still must be present. Attendance will be taken at all training sessions and points will be deducted for absences.

Attendance:

Attendance is required. It is expected that everyone should attend class on time and actively participate in class activities and discussions. Class will begin promptly at the designated start time. It is expected that the assigned readings will be completed prior to the scheduled class so students can engage in class discussion. **There will be a five point deduction on your final exam for every unexcused absence after two.**

Grading Policy:

The final grade for this class will be based upon:

| | |
|-------------------------|-------------------|
| Exams (2) | 100 points |
| Labs (4) | 100 points |
| Training Plan & Journal | 100 points |
| Participation | 50 points |
| Presentation | 50 points |
| <i>Total</i> | <i>400 points</i> |

Grading Scale:

| | |
|----------------|------------------|
| 94.0- 100%= A | 74.0- 77.9%=C |
| 90.0- 93.9%=A- | 70.0- 73.9% = C- |
| 88.0- 89.9%=B+ | 68.0- 69.9%=D+ |
| 84.0- 87.9%=B | 64.0- 67.9%=D |
| 80.0- 83.9%=B- | 60.0 - 63.9%=D- |
| 78.0- 79.9%=C+ | < 60.0%=F |

Course Policies:

1. You are expected to read and follow the syllabus.
2. You are expected to participate in all labs, even the ones that involve physical activity. If you are unable to participate in those labs an alternate written assignment must be completed for each missed lab.
3. **You are expected to attend class every session and be on-time.**
4. **Late assignments will not receive credit.** Assignments are due at the beginning of scheduled class time.
5. It is important to check your FAU e-mail account for messages and announcements regularly. If you forward your FAU e-mail to another account be aware that you may miss e-mails. Do not rely on forwarded messages getting through (read the caveat against forwarding e-mail to another account. You will find this on the login page of BlackBoard).
6. Any changes to the syllabus will be made by an announcement in class, e-mail, and/or BlackBoard.
7. Plagiarism, cheating, or academic dishonesty of any kind on any assignment or exam will not be tolerated and will result in a failing grade on the assignment or exam or possibly even the course. Appropriate university guidelines will be followed for disciplinary action. See the university honor code below.
8. Submitting any assignment, research papers, etc. for this course that was previously completed for this course or another course is considered academic dishonesty and will result in a zero for that assignment. See the university honor code below.
9. SafeAssign, an academic dishonesty program, will be used to evaluate plagiarism. By signing up for this course the student agrees to allow SafeAssign to check any and all papers submitted to BlackBoard for plagiarism. Appropriate FAU guidelines will be followed for disciplinary action. See FAU catalog for specifics.
10. **NO TEXTING**, this is highly rude and unprofessional. If you are caught texting you will be given a verbal warning, after that you will receive a 10 point penalty on your next assignment. **Remember, this behavior is unacceptable here and in the business world.**
11. **Laptops are only to be used during formal lectures. Laptops are prohibited at any other time. All other electronics are prohibited at any time.**
12. There is to be no recording of lectures, presentations, or class activities. If an exception is required please see me about this during my office hours.
13. **By registering for this class you have unconditionally accepted all of these terms.**

HONOR CODE (4.001):

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information:

http://wise.fau.edu/regulations/chapter4/4.001_Code_of_Academic_Integrity.pdf

STUDENT CODE OF CONDUCT (4.007):

"The University's Student Code of Conduct is an integral part of the educational mission of the University, emphasizing the development of each individual's acceptance of his or her own personal and social responsibilities and to ensure fairness and due process for all students. Since behavior which is not in keeping with standards acceptable of the University community is often symptomatic of attitudes, misconceptions, and emotional crises; reeducation and rehabilitative activities are essential elements of the disciplinary process.

A humanistic approach is employed. The University's Student Code of Conduct is designed to provide and help maintain an atmosphere within the University community that is conducive to academic pursuits. Serious action against a student, such as separation, is considered and invoked only when other remedies fail to meet the needs of the University's mission."

STUDENTS WITH DISABILITIES:

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton -SU 133 (561-297-3880), in Davie -MOD I (954-236-1222), in Jupiter -SR 117 (561-799-8585), or at the Treasure Coast -CO 128 (772-873-3305), and follow all OSD procedures.

**PEP 4930-001 - Tactical Strength &
Conditioning Fall 2015 Course Outline**

Due to weather and track availability this schedule is subject to change

| Date | Day | Topic |
|-------|-----|--------------------------------------|
| 8/17 | M | Course Intro |
| 8/19 | W | Introduction to the TSAC Field |
| 8/24 | M | Current Issues in the TSAC Field |
| 8/26 | W | History of Tactical Training |
| 8/31 | M | Tactical Fitness/Performance Testing |
| 9/2 | W | Initial Strength Test |
| 9/7 | M | Labor Day No Class |
| 9/9 | W | Tactical Training Workshop |
| 9/14 | M | Coaching the Tactical Mindset |
| 9/16 | W | Tactical Movements I |
| 9/21 | M | Tactical Movements 2 |
| 9/23 | W | Resistance Training for TSAC |
| 9/28 | M | Concurrent Training |
| 9/30 | W | Midterm |
| 10/5 | M | Law Enforcement Training |
| 10/7 | W | Rescue Personnel Training |
| 10/12 | M | Military Personnel Training |
| 10/14 | W | Tactical Movements 3 |
| 10/19 | M | Tactical Movements 4 |
| 10/21 | W | Army PRT |
| 10/26 | M | Tactical Presentations |
| 10/28 | W | Tactical Presentations |
| 11/2 | M | Tactical Presentations |
| 11/4 | W | Tactical Leadership Intro |
| 11/9 | M | Group Leadership Training |
| 11/11 | W | Veteran's Day No Class |
| 11/16 | M | Stress & Adrenal Fatigue |
| 11/18 | W | Combat Fitness Test |
| 11/23 | M | Overtraining/Detraining |
| 11/25 | W | Final Exam Review |

Important Notes:

1. **Final Exam: M (Dec 7) 4:00pm-6:30pm**
2. Demonstration dates, location, and subjects might change throughout the semester.
3. You are to be continuously reading/reviewing the material and any assigned articles