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# Certified Tactical Strength and Conditioning Specialist

## Course Objective

- ▷ Accurately screen and assess diverse tactical personnel according to their operation requirements
- ▷ Design and execute various resistance training programs encompassing the Principles of Training
- ▷ Design and execute various conditioning programs for rehabilitation purposes
- ▷ Understand the various external and internal factors affecting the physical performance of tactical personnel

## Course Outcome

- ▷ Be competent in applying the Principles of Training on the various training modalities
- ▷ Successfully screen and assess trainees
- ▷ Design and execute various types of training programs related to strength and conditioning as well as resistance training

## Course Duration

This course comprises of 7 units delivered over 4 days (32 hours), with 2 hour assessment. The assessment consists of written and practical

### For Registration

Scan the QR Code or Visit  
<https://www.fitsa.com.sg/courses-ts/cs/>



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