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the physical demands of tactical professions such as military law enforcement and fire and rescue require those workers to be in top physical condition to perform their jobs well and decrease the risk of injury nsca s essentials of tactical strength and conditioning contains scientific information to assist in implementing or restructuring strength and conditioning programs at commercial or government fitness centers that work with these tactical athletes to achieve those goals designed primarily as a

preparatory resource for the national strength and conditioning association nsca tactical strength and conditioning facilitator tsac f certification the text is also useful as a manual for government agencies or a daily reference for strength and conditioning professionals editors brent a alvar katie sell and patricia a deuster have extensive experience as scholars and practitioners in their respective fields they have assembled a team of distinguished contributors who bring to light current trends in strength and conditioning through their combined experiences as professionals in the fields of academia athletic training firefighting law enforcement military nutrition physical therapy and strength and conditioning the contributors not only provide foundational knowledge of exercise physiology and biomechanical movement patterns but they also comprehensively review all of the components necessary for tsac facilitators to design and operate successful training programs for tactical athletes separate chapters focus on the specific physiological issues related to military law enforcement and fire and rescue personnel including how a strength and conditioning program should directly correlate to their critical job tasks and the specific environmental occupational and exposure concerns for each population topics such as nutrition supplements injury treatment and rehabilitation wellness interventions and assessments and evaluations are discussed for professionals who work with tactical populations additionally exercises drills and techniques targeting the specific needs of tactical athletes in areas such as flexibility mobility speed agility power and aerobic endurance are described in great detail and accompanied by full color photos each chapter of nsca s essentials of tactical strength and conditioning begins with learning objectives and incorporates key terms diagrams detailed photographs and key points throughout the text to help guide readers and facilitate comprehension of concepts sidebars and sample programs are included in some chapters to help readers apply theoretical concepts in their professional practice additionally for instructors using the book or the tsac f exam prep symposia a presentation package plus image bank with more than 300 photos and illustrations is available making preparation easier with the use of predeveloped materials that correspond with the book s content ultimately the goal of nsca s essentials of tactical strength and conditioning is to help prepare those seeking tsac f certification and to serve as a resource for professionals so that they can implement an optimal strength and conditioning program targeted for tactical athletes that will decrease their risk of injury and optimize performance

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this book describes in detail how the army trains to win in diverse situations and on different terrains to overcome strenuous environments and avert all types of attacks with that focus the army develops training readiness and the capabilities that support army and joint force of the commanders the authors expended the fundamental concepts of the army s training doctrine this reading focuses on training leaders soldiers and army civilians as effectively and efficiently as possible given limitations in time and resources it also aims to ensure that leaders incorporate ethical aspects such as moral ethical decision points and personal actions into training scenarios or routinely discuss ethics during post training after action reviews contents training overview train to win principles of training training proficiency the role of leaders battle focus training environment training for battle rhythm commanders dialogues reserve component training considerations developing the unit training plan training readiness the army operations process command training guidance the unit training plan training briefing conducting training events overview plan prepare execute assess realistic training training and evaluation outlines company training meetings after action reviews lane training unit training plan all training briefings t week concept

securing integrated transportation networks provides a comprehensive look at multimodal transportation security its dynamics evolving threats and technology advances that enhance operational security and related infrastructure protection and hardening as well as the regulatory environment as threats are evolving so is the technology used in enhancing transportation security operational procedures and regulations this book will address this dynamic evolution of transportation security this book serves as a primary reference for information on of the range of activities and components involved in transportation security it covers the myriad moving parts involved in the relationship between and among logistics the supply chains and transportation entities and the concepts approaches and methods that are being employed to effect greater security it looks at operations infrastructure equipment laws and regulations policies and procedures and risk focused on transportation safety and security by mode and transportation in general cooperation and partnering with and among the industry to include transportation providers and government agencies is the way forward to ensure that security is maintained and keeps pace with the evolving threat and regulatory landscape this book benefits students in homeland security supply chain management and transportation planning and engineering by providing a practical resource written by industry practitioners with boots on the ground security experience and analysis of real world case studies in addition it provides a practitioner focused reference book for those in the transportation and supply chain industries to include its government associated industries and academic partners introduces readers to the characteristics of the motive power freight or passage haulage units physical infrastructure required the operating environment itself and the information technology applicable to both operating and managing customer provider relationships all of which to foster safe secure effective and efficient operations includes discussion questions and case studies available for assignments and subsequent classroom discussion whereby real world scenarios serve to hone analytical abilities discusses the risks and vulnerabilities that various supply chains and associated transportation modes may pose to the ability of a firm to maintain ongoing operations helping them to analyze trade offs and mitigate threats

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