

Tactical Strength and Conditioning Facilitator (TSAC-F) certification is a new initiative to help Soldiers certify as a Certified Personal Trainer or the like. This is an optional training event that allows Soldiers to better themselves OUTSIDE of the courseware. This specific program is currently going through the National Strength & Conditioning Association (NSCA). More information will be provided upon arrival to BLC.

National Strength and Conditional Association (NSCA) videos and web links.

- **NSCA**
<https://www.nasca.com/>
- **Video 1: NSCA TSAC-F® Certification Introduction**
<https://vimeo.com/606697579/57e1e21875>
- **Video 2: NSCA TSAC-F® Certification Prep (Registration for both NSCA & ArmyIgnited Process)**
<https://vimeo.com/606764763/cb7cb777b7>
- **TSAC-F Exam Description Link**
<https://www.nasca.com/certification/tsac-f/tactical-strength-and-conditioning-facilitator-exam-description>

Soldiers must have their ArmyIgnite account established with the Army Credentialing Assistance account ready to start. <https://www.armyignited.com/app/>

The TSAC-F package contains – e-textbook/textbook, unlimited quizzes, unlimited practice exams, virtual study sessions from NSCA staff, and free final exam voucher for \$155. Students will also have the option to request additional funding for NSCA membership (Cost- \$130.00). This brings the total cost to \$285.00. This membership gives you access to additional resources and information. Students will need to decide what option they are requesting a quote for through the NSCA.

That being said, if Soldiers don't feel confident enough to take the exam before the end of the 4 months, they can submit a passing practice exam and that would clear them in ArmyIgnitED from being recouped. The free exam would expire after the 6 months, but they can still keep all the materials, etc., then request the exam separately when they are ready via CA request, but it would cost \$425 as they would not be considered members with the package above. If they choose to become members, they can request CA to fund the membership with the exam