Tactical Strength and Conditioning Certification programme

Course Outline

Screening and assessment for tactical professions

- Validity and reliability
- The different purposes of screening and assessment for tactical populations
- Types of assessments
- Selecting assessments

Revising the science of conditioning

- Optimised resistance training
- Optimised metabolic conditioning
- Overload, specificity and SAID principles

Movement orientated training

- Understanding movement and 'functional' training
- The real 'core' training
- Synergy in action, balance profiles and potential for movement

Designing conditioning programs for trainees

- Influential & risk factors
- Periodisation types and application
- Factors influencing the conditioning process
- Injuries common to new trainees
- Short term injuries & Long term rehabilitation considerations

Designing conditioning programs for qualified and specialist personnel

- Kinetic versus cyber personnel
- Influential & risk factors
- Factors influencing the conditioning process
- Periodisation types and application
- Injuries common to qualified personnel
- Short term injuries & Long term rehabilitation considerations
- Environmental considerations and conditioning for extreme conditions

Specific topics

- Part time versus full time force
- Gender differences
- Older personnel
- Training the tactical athlete versus training the person
- Health and Wellbeing: From shift work to sedentary behaviour
Tactical load carriage: impacts and conditioning

- Historical basis
- Scientific basis
- Injuries associated with load carriage
- Performance impacts associated with load carriage
- Conditioning for load carriage

Conditioning groups

- Applying the exercise science
- Ability based training
- MOT - Base exercises and movement

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**Trainer’s Profile**

Dr Rob Orr

Dr Rob Orr joined the Australian Army as an infantry soldier before transferring to the Defence Force Physical Training Instructor (PTI) stream. As a PTI, Rob designed, developed, instructed and audited physical training programs for military personnel from both Australian and foreign defence forces.

Posted to the Australian Defence Force Physical Training Instructor School he developed and delivered modules on the Combat Fitness Leader Course, The Basic PTI and Advanced PTI courses. Following completion of his master’s degree in physiotherapy, Rob served as a military physiotherapist where his role included the clinical rehabilitation and project management of physical conditioning optimisation reviews.

Serving as the Human Performance Officer for the Royal Military College and Special Operations units before joining the team at Bond University in 2012, Rob continues to serve in the Army Reserve as a Human Performance Officer and as a sessional presenter.

As co-lead of the Bond University Tactical Research Unit, Rob’s fields of research include the physical conditioning and injury prevention of tactical personnel from trainees to specialists. With a doctoral degree in tactical load carriage, Rob's passion is researching the impacts of load carriage on tactical personnel.
Rob is the educational director of Tactical Strength and Conditioning - Australia and is the section editor for the Australian Strength and Conditioning Journal and editor for the NSCA TSAC Report.