

TACTICAL STRENGTH AND CONDITIONING FACILITATOR (TSAC-F) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Which element is crucial to ensure proper hydration for tactical athletes?**
 - A. Consuming only caffeinated beverages
 - B. Drinking water only during training sessions
 - C. Regular intake of fluids throughout the day
 - D. Fluid intake is not necessary

- 2. What training principle is demonstrated when a step-up with unilateral kettlebell is incorporated into a conditioning program for a firefighter?**
 - A. Unilateral demand
 - B. Specificity
 - C. Progression
 - D. Overload

- 3. How does mental preparation benefit tactical athletes?**
 - A. It reduces the need for physical training
 - B. It eliminates performance anxiety
 - C. It improves focus, decision-making, and overall performance under pressure
 - D. It enhances physical strength only

- 4. What is the role of strength endurance in tactical operations?**
 - A. It allows personnel to perform prolonged physical tasks without fatigue
 - B. It helps in developing maximum power output
 - C. It reduces the risk of acute injuries
 - D. It focuses solely on aerobic fitness

- 5. When utilizing the PNF hold-relax technique, which of the following should occur first for a sailor's hamstring stretching session?**
 - A. Isometric contraction of the quadriceps
 - B. Passive stretch of the quadriceps
 - C. Passive stretch of the hamstrings
 - D. Static stretch of the glutes

- 6. To maintain hydration during a 12km road march, what food item would best aid a soldier?**
- A. Banana
 - B. Peanuts
 - C. Bread
 - D. Energy bar
- 7. Which best describes the correct position at the start of the second pull during the snatch?**
- A. Bar positioned on the thighs between the knees and middle of the thigh, shoulders over the bar
 - B. Bar positioned at the top of the patella, shoulders slightly behind the bar
 - C. Bar positioned on the thighs between the knees and middle of the thigh, shoulders slightly behind the bar as the elbows flex
 - D. Bar positioned above the knees, shoulders forward
- 8. During which phase of a resistance training exercise should the tactical athlete inhale?**
- A. During the eccentric phase
 - B. During the concentric phase
 - C. Prior to the concentric phase
 - D. After the eccentric phase
- 9. Which of the following is considered an error in technique when performing a sumo squat as a stretch?**
- A. Keeping hips back and weight over heels
 - B. Grabbing the ankles in the deep squat
 - C. Assuming a slightly wider than shoulder width position
 - D. Maintaining a neutral spine
- 10. For a female soldier training at high altitude, what is the minimum recommended daily iron intake?**
- A. 20 mg
 - B. 18 mg
 - C. 25 mg
 - D. 15 mg

Answers

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1. C
2. A
3. C
4. A
5. C
6. A
7. A
8. A
9. B
10. B

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Explanations

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1. Which element is crucial to ensure proper hydration for tactical athletes?

- A. Consuming only caffeinated beverages
- B. Drinking water only during training sessions
- C. Regular intake of fluids throughout the day**
- D. Fluid intake is not necessary

Ensuring proper hydration is vital for tactical athletes to maintain optimal performance and overall health. Regular intake of fluids throughout the day supports various physiological processes, including thermoregulation, joint lubrication, and nutrient transport. Hydration helps to prevent fatigue, enhance cognitive function, and reduce the risk of heat-related illnesses, which are especially important in high-stress tactical environments. Additionally, staying hydrated is not just about drinking fluids during training sessions but rather making it a continuous practice throughout the day. This habitual consumption helps to maintain proper fluid balance and prepares the body for both the physical and mental demands of tactical duties. It's important to note that relying solely on caffeinated beverages or restricting fluid intake to training sessions can lead to inadequate hydration and increased risk of dehydration, which can impair performance and recovery.

2. What training principle is demonstrated when a step-up with unilateral kettlebell is incorporated into a conditioning program for a firefighter?

- A. Unilateral demand**
- B. Specificity
- C. Progression
- D. Overload

The training principle demonstrated by incorporating a step-up with a unilateral kettlebell into a conditioning program for a firefighter is the unilateral demand. This principle involves using exercises that challenge one side of the body independently, which can enhance balance, stability, and functional strength. In the context of firefighters, who often need to perform tasks that require strength and coordination in unpredictable environments, training with a unilateral load helps develop the specific neuromuscular adaptations necessary for their job. It allows the individual to improve muscle imbalances, increase core stability, and simulate real-life scenarios that firefighters may encounter, all of which are essential for their performance on the job. While the other training principles mentioned, such as specificity, progression, and overload, are also vital components of effective training programs, they do not focus specifically on the incorporation of unilateral demands in exercise. Specificity relates to training tailored toward particular activities, progression addresses gradually increasing training intensity, and overload entails increasing the workload to stimulate muscle adaptation. However, in this situation, the key aspect is the reliance on one side of the body, which exemplifies the unilateral demand principle.

3. How does mental preparation benefit tactical athletes?

- A. It reduces the need for physical training
- B. It eliminates performance anxiety
- C. It improves focus, decision-making, and overall performance under pressure**
- D. It enhances physical strength only

Mental preparation is crucial for tactical athletes as it directly enhances their focus, decision-making abilities, and overall performance, especially in high-pressure situations. This aspect of preparation allows athletes to remain composed and clear-headed when facing the unpredictability and stress associated with tactical environments. By engaging in mental preparation techniques, such as visualization, mindfulness, and strategic planning, athletes can train their minds to respond positively during critical moments. This training helps improve their cognitive processing speed, allowing for faster and more accurate responses to dynamic challenges. Ultimately, strong mental preparation leads to more effective execution of skills, better teamwork, and a greater ability to maintain composure under duress, all of which are essential attributes for tactical success. The benefits of mental preparation extend beyond simply overcoming anxiety, which is just one aspect; it covers a broader range of cognitive skills that are vital for performance improvement.

4. What is the role of strength endurance in tactical operations?

- A. It allows personnel to perform prolonged physical tasks without fatigue**
- B. It helps in developing maximum power output
- C. It reduces the risk of acute injuries
- D. It focuses solely on aerobic fitness

Strength endurance plays a critical role in tactical operations because it enables personnel to sustain physically demanding tasks over extended periods while minimizing fatigue. In tactical scenarios, individuals often face prolonged engagements or missions that require them to perform physically intense activities, such as lifting, carrying, or maneuvering equipment and sometimes engaging in combat. The ability to maintain muscular performance throughout this duration is essential for operational success and the safety of personnel. Maintaining strength endurance ensures that soldiers or first responders can effectively complete their missions without succumbing to early fatigue, which can compromise their decision-making, reflexes, and overall performance. This is particularly important in high-stakes environments where physical tasks directly impact mission outcomes. While maximum power output, injury prevention, and aerobic fitness are all important aspects of physical conditioning, the specific emphasis on sustaining strength and performance during prolonged activity is what distinguishes strength endurance as a key element in tactical operations.

5. When utilizing the PNF hold-relax technique, which of the following should occur first for a sailor's hamstring stretching session?

- A. Isometric contraction of the quadriceps
- B. Passive stretch of the quadriceps
- C. Passive stretch of the hamstrings**
- D. Static stretch of the glutes

In the PNF (Proprioceptive Neuromuscular Facilitation) hold-relax technique, the initial phase involves a passive stretch of the target muscle group, which in this case is the hamstrings. This phase allows the muscle to be elongated slightly beyond its normal resting length, promoting a sufficient level of stretch reflex. By starting with a passive stretch of the hamstrings, you prepare the muscles for the subsequent isometric contraction phase, enhancing flexibility and range of motion. Following this initial stretch, the technique would typically include an isometric contraction of the antagonist muscle (which would be the quadriceps), followed again by another passive stretch of the hamstrings. Starting with the hamstrings ensures that they are adequately warmed up and receptive to the stimulus provided by the later steps of the PNF technique, ultimately facilitating greater improvements in flexibility. In this context, it is crucial to select the first action that initiates the process effectively, which is best achieved by beginning with the passive stretch of the hamstrings.

6. To maintain hydration during a 12km road march, what food item would best aid a soldier?

- A. Banana**
- B. Peanuts
- C. Bread
- D. Energy bar

A banana is a highly effective food item for maintaining hydration during a 12km road march due to its high water content and electrolyte balance, particularly potassium. The banana contains about 74% water, which can contribute to hydration when consumed. Additionally, it provides easily digestible carbohydrates for energy, necessary for sustaining performance during extended physical activity. The potassium found in bananas is crucial for maintaining proper muscle function and controlling hydration levels in the body. This is especially important during long marches, as soldiers can lose significant electrolytes through sweat. In contrast, other choices may not offer the same benefits for hydration. Peanuts and bread are less hydrating, as they have lower water content and can be more calorie-dense without the requisite water or electrolytes beneficial for hydration. Energy bars may provide quick energy but often lack sufficient moisture and might contain high sugar content, which could lead to a quick spike and subsequent drop in energy levels without effectively addressing hydration needs. Therefore, a banana stands out as the best option for both hydration and energy during a prolonged physical effort like a road march.

7. Which best describes the correct position at the start of the second pull during the snatch?

- A. Bar positioned on the thighs between the knees and middle of the thigh, shoulders over the bar**
- B. Bar positioned at the top of the patella, shoulders slightly behind the bar
- C. Bar positioned on the thighs between the knees and middle of the thigh, shoulders slightly behind the bar as the elbows flex
- D. Bar positioned above the knees, shoulders forward

The position described refers to the ideal starting point for the second pull of the snatch, which is crucial for effective execution and maximizing power. In this position, having the bar located on the thighs allows for optimal leverage and mechanical advantage. The shoulders being over the bar ensures that the lifter is in an efficient posture to generate upward force. In this phase of the lift, the lifter initiates the explosive extension of the hips, knees, and ankles (often referred to as the triple extension), which is essential for propelling the bar upward. Starting with the bar on the thighs also allows for a smooth transition from the first pull and positions the lifter to maintain a vertical path for the barbell. This stance emphasizes maintaining a neutral spine and ensuring that the bar remains close to the body, which helps in transferring the power generated in the legs effectively into the lift. The alignment of the shoulders directly over the bar serves to keep the center of mass in a favorable position, facilitating an efficient upward lift. Other descriptions, while capturing elements of the snatch mechanics, do not accurately reflect the optimal starting position for the second pull, focusing instead on variations that may lead to less effective lifting mechanics or improper posture.

8. During which phase of a resistance training exercise should the tactical athlete inhale?

- A. During the eccentric phase**
- B. During the concentric phase
- C. Prior to the concentric phase
- D. After the eccentric phase

The correct phase for inhalation during a resistance training exercise is prior to the concentric phase. Breathing patterns are important in resistance training because they help maintain intra-abdominal pressure and support overall stability during the lift. Inhalation typically occurs during the eccentric phase, as this is the portion of the lift where muscles lengthen under tension, allowing the athlete to prepare for the exertion of the concentric phase, where muscles contract to lift the weight. By inhaling before or during the eccentric phase, the athlete can brace the core and create the necessary tension to perform the subsequent concentric movement effectively. In contrast, exhalation is commonly encouraged during the concentric phase as it helps release built-up pressure and allows for maximum force production during the lift. Thus, the timing of inhalation and exhalation is integral to optimizing performance and ensuring safety in resistance training for tactical athletes.

9. Which of the following is considered an error in technique when performing a sumo squat as a stretch?

- A. Keeping hips back and weight over heels
- B. Grabbing the ankles in the deep squat**
- C. Assuming a slightly wider than shoulder width position
- D. Maintaining a neutral spine

Grabbing the ankles in the deep squat is considered an error in technique when performing a sumo squat as a stretch because it can lead to improper alignment and strain on the lower back. This position often encourages rounding of the spine or excessive forward bending, which can compromise spinal integrity and increase the risk of injury. Instead of pulling on the ankles, maintaining proper hand positioning can help keep the torso upright and promote a more effective stretch through the hips and inner thighs while ensuring safer mechanics. The other aspects of performing a sumo squat, such as keeping the hips back with weight over the heels, assuming a wider than shoulder-width stance, and maintaining a neutral spine, are all crucial for preventing injury and maximizing the benefits of the stretch.

10. For a female soldier training at high altitude, what is the minimum recommended daily iron intake?

- A. 20 mg
- B. 18 mg**
- C. 25 mg
- D. 15 mg

For a female soldier training at high altitude, the minimum recommended daily iron intake is 18 mg. This recommendation is based on the higher iron requirements due to increased red blood cell production that occurs in response to lower oxygen levels at high altitudes. Iron is essential for the formation of hemoglobin, the protein in red blood cells that carries oxygen throughout the body. Women, especially those of reproductive age, typically have higher iron needs because they are at risk for iron deficiency due to menstruation and the additional demands placed on their bodies during physical activity and training. The 18 mg recommendation aligns with guidelines from health organizations concerning the iron needs of women, particularly those in physically demanding roles. Training at high altitude enhances the risk of developing an iron deficiency due to increased physiological stress, making adequate iron intake crucial for maintaining performance, endurance, and overall health. This iron supply supports energy metabolism and helps mitigate fatigue during physical exertion.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://tsacf.examzify.com>

We wish you the very best on your exam journey. You've got this!

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