Mindfully Tactical Syllabus

​

​

Course Title: Mindfully Tactical Training

Instructor: Tony "Doc" Carlton

Course Description: This course will explore the concept of mindfulness and how it can be used in tactical training for law enforcement, military, and other high-stress professions. Students will learn mindfulness techniques and how to integrate them into their training and daily lives to enhance performance, reduce stress, and improve overall well-being during and after service.

Course Objectives:

* Understand the concept of mindfulness and its potential benefits in tactical training.
* Learn mindfulness techniques, including breathing exercises, visualization, and mental rehearsal.
* Explore how mindfulness can be integrated into tactical training programs for law enforcement, military, and other high-stress professions.
* Understand the importance of self-care and how mindfulness can contribute to overall well-being.
* Develop a personal mindfulness practice to support performance, resilience, and stress reduction.

Course Materials:

* Mindfully Tactical Training by Tony Carlton
* Mindfully Tactical" by Tony Carlton
* Selected articles and research studies on mindfulness and tactical training
* Handouts and resources on mindfulness techniques

Assessment:

* Participation and Attendance (20%): Attendance is mandatory for all classes, and active participation is expected.
* Reflection Papers (40%): Students will write reflective essays on assigned mindfulness and tactical training topics.
* Personal Mindfulness Practice (30%): Students will develop a personal mindfulness practice, which will be assessed based on frequency and quality.
* Presentation (10%): Students will give a brief presentation on their personal mindfulness practice.

Grading Scale:

A: 90-100% B: 80-89% C: 70-79% D: 60-69% F: below 60%

​

To receive a certificate of completion, students must achieve a minimum of 80% on all assignments and the final project.

​

Course Schedule

​

Week 1: Mindfulness and Tactical Thinking: Understanding the Connection

* Introduction to mindfulness and tactical thinking
* The benefits of mindfulness for tactical athletes
* Practical exercises for developing mindfulness and tactical thinking skills
* Homework assignment: Practice mindfulness for 10 minutes every day and write a reflection on how it impacted your day.
* Reflection Paper 1-2 pages

Week 2: Fueling Your Performance: Physical Fitness and Nutrition for Tactical Athletes

* The importance of physical fitness and nutrition for tactical athletes
* Basic principles of nutrition and exercise
* Practical tips for healthy eating and exercise on the go
* Homework assignment: Keep a food and exercise diary for one week, reflecting on the impact of your diet and exercise routine on your energy levels and mood.
* Analysis Paper 1-2 pages

Week 3: Mindfulness Techniques: Tools for Managing Stress and Emotions

* Understanding stress and its impact on the body and mind
* Techniques for managing stress and emotions, such as breathing exercises and progressive muscle relaxation
* Mindfulness-based stress reduction (MBSR) techniques
* Homework assignment: Practice one stress reduction technique for 10 minutes daily and reflect on how it impacted your stress levels and emotions.
* Reflection Paper 1-2 pages

Week 4: Planning and Decision-Making: Strategies for Tactical Success

* The importance of effective planning and decision-making in tactical situations
* Techniques for prioritizing and organizing tasks
* Problem-solving and decision-making strategies
* Homework assignment: Create a plan for a hypothetical tactical mission, including a detailed decision-making process and a backup plan.
* Plan Paper 1-2 pages

Week 5: The Role of Sports Psychology in Tactical Performance

* Understanding the psychological factors that impact tactical performance
* Sports psychology techniques for enhancing performance, such as visualization and goal-setting
* Techniques for building confidence and resilience
* Homework assignment: Practice one sports psychology technique for 10 minutes every day and reflect on how it impacted your confidence and performance.
* Analysis Paper 1-2 pages

Week 6: Applying Mindfulness to Enhance Athletic Performance

* The connection between mindfulness and athletic performance
* Techniques for integrating mindfulness into exercise routines
* Mindful eating and hydration
* Homework assignment: Practice a mindful exercise routine for 30 minutes every day and reflect on how it impacted your performance and mindset.
* Reflection Paper 1-2 pages

Week 7: Mindful Tactical Thinking for Post-Service Life: Coping with PTSD and Beyond

* Understanding the challenges of post-service life and the impact of PTSD
* Techniques for managing PTSD symptoms, such as cognitive-behavioral therapy and mindfulness-based stress reduction
* Strategies for building resilience and adapting to life after service
* Homework assignment: Practice one technique for managing PTSD symptoms for 10 minutes daily and reflect on how it impacted your mental and emotional well-being.
* Analysis Paper 1-2 pages

Week 8: Embracing Mindful Tactical Thinking as a Lifestyle: A Call to Action

* Reflecting on the benefits of mindfulness and tactical thinking
* Techniques for integrating mindfulness and tactical thinking into daily life and routines
* Strategies for building a sustainable mindfulness and tactical thinking practice
* Homework assignment: Develop a plan to integrate mindfulness and tactical thinking into your daily life and reflect on its benefits to your overall well-being.
* Reflection Paper 1-2 pages