



**Reference No**  
049/003

**Duration**  
6 weeks

**Location**  
HMS  
TEMERAIRE,  
Portsmouth

**IELTS**  
5.5

**Frequency**  
1 course  
per year

## PETTY OFFICER PHYSICAL TRAINERS' QUALIFYING COURSE

### Aim of course

This course is to train newly selected Petty Officers in middle management practices associated with Physical Training. On completion of the course, students will be capable of instructing, coaching, officiating, and organising various physical education subjects and adventurous training activities to a standard required for supervising LPTs.

### Outline syllabus

- ◆ 20% Physical Fitness subjects
- ◆ 30% Recreational Management
- ◆ 20% Coaching and Officiating
- ◆ 15% General Service Training
- ◆ 15% Adventurous Training

### Entry standards

- ◆ ELT: Able to speak and write English to a good standard
- ◆ Qualified Leading Physical Trainer
- ◆ Be a Petty Officer or be qualified to be a Petty Officer
- ◆ First Aid Qualified

### Examinations / qualifications gained

- ◆ Continuous assessment throughout, both theoretical and practical



**International Defence Training (Royal Navy)**

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