



**Reference No**  
049/002

**Duration**  
23 weeks

**Location**  
HMS  
TEMERAIRE,  
Portsmouth

**IELTS**  
5.5

**Frequency**  
1 course  
per year

## LEADING PHYSICAL TRAINERS' QUALIFYING COURSE

### Aim of course

This course is to train selected Leading/Able Rates to become Leading Physical Trainers who, on completion of the course, will be capable of instructing, coaching, officiating, and organising various physical education subjects and adventurous training activities.

### Outline syllabus

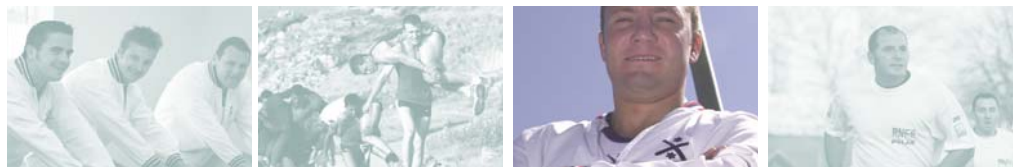
- ◆ 30% Physical Fitness subject
- ◆ 7% Recreational Management
- ◆ 25% Coaching and Officiating
- ◆ 6% General Service Training
- ◆ 20% Adventurous Training
- ◆ 12% Leadership

### Entry standards

- ◆ ELT: Able to speak and write English to a good standard
- ◆ Minimum 12 months seniority as an AB Rate (any branch) at start of course
- ◆ Passed 2.5 day PT Aptitude test
- ◆ Medically fit and Physically able

### Examinations / qualifications gained

- ◆ Continuous assessment throughout, both theoretical and practical
- ◆ Football Association (FA) level 1 coach
- ◆ England Hockey (EH) Leaders Award
- ◆ Rugby Football Union (RFU) Tag Rugby



### International Defence Training (Royal Navy)

IDT1A Tel: +44 (0) 23 9254 8153  
IDT1B Tel: +44 (0) 23 9254 8480

idtroyalnavy@btconnect.com www.mod.uk/idtroyalnavy