



Active iQ



BRITISH  
MILITARY  
FITNESS

**ACADEMY**  
TRAINING FOR EXCELLENCE

Prospectus 2018



**SkillsActive**  
More People, Better Skilled, Better Qualified





## OUR VISION

*“to raise the standards  
of fitness education”*



# OUR MISSION

*"To develop, design, and implement the highest standard of fitness education, in order to challenge, inspire and educate people to become the very best fitness professionals in the world."*





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# WHAT WE OFFER...

## Quality courses

We offer only the best quality courses for our learners through awarding bodies **Active IQ** and **REPs**. These qualifications are recognised throughout the fitness industry, to help you with future employment opportunities.

## High level of support

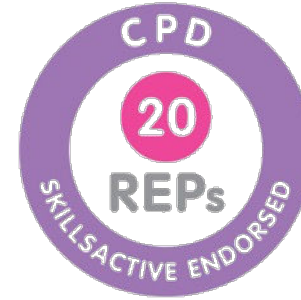
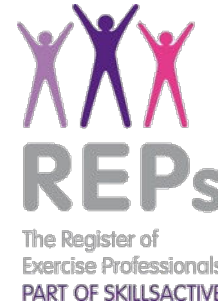
We have dedicated tutors standing ready to support you – by email, phone or video call. We put in the hard work to assist you when required, to achieve your qualifications.

## Employment opportunities

If you're ex-military or services, and have completed your Level 2 Certificate, you can apply to work with us as an instructor. We employ almost 500 instructors across 140 locations, and offer great pay rates – well above industry standards.

**You could be working with us in as little as 6 weeks.**

Active iQ







**OUR COURSES**

### WHO'S IT FOR?

Aimed at those with no prior qualifications, who want to become a self-employed or an employed Personal Trainer. This is the best course for service leavers with no qualifications who wish to use **ELCAS funding**.

### ABOUT

The Level 3 Diploma in Fitness Instruction and Personal Training combines both the Level 2 Certificate in Fitness Instruction, and the Level 3 Certificate in Personal Training. These Active IQ qualifications will qualify a learner who is new to the industry and transform them into a highly competent fitness professional. It also includes our **BMF Certificate in Outdoor Fitness**.

These qualifications prepare our learners to operate in both a gym and outdoor environment. This also develops communication and coaching skills, which are absolutely essential in today's market.

### INCLUDES

- Anatomy and Physiology for Exercise and Health
- Health, Safety and Welfare in a Fitness Environment
- Principles of Exercise, Fitness and Health
- Know How to Support Clients Who Take Part in Exercise and Physical Activity
- Applying the Principles of Nutrition as Part of a Personal Training Programme
- Programming Personal Training with Clients
- Delivering Personal Training

### FORMAT

This course is delivered over 14 practical days, plus distance learning.

### DELIVERY

The course is delivered through a blended learning approach, which will cater for various types of learners. This provides the opportunity to learn at your own pace and also engage in highly practical in house training.

This includes:

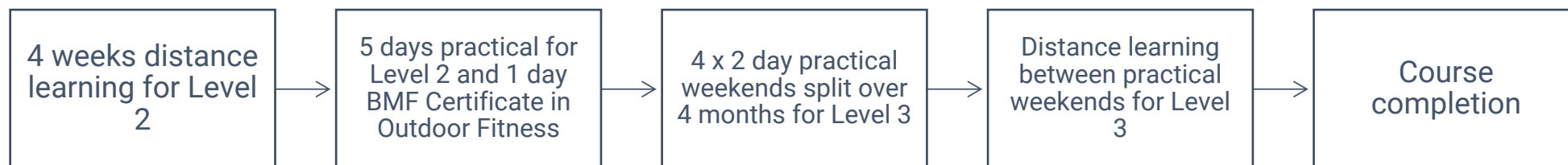
- Home study and e-learning
- Webinar and online tutor support
- Face to face training
- On-going tutor support via Skype or phone call

The learning timeline is outlined below and shows how you will progress through the qualification.

Upon completion of your Diploma you will receive two qualifications outlined below and be ready to start your new and exciting career in the fitness industry.

### QUALIFICATIONS

- Level 2 Certificate in Fitness Instruction
- Level 3 Certificate in Personal Training



Book Now

at [www.bmf.academy](http://www.bmf.academy)



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**WHO'S IT FOR?**

The starting point for those looking to become a fitness professional. This will qualify you to work within gyms, leisure centres and of course, British Military Fitness.

**INCLUDES**

- Anatomy and physiology for exercise
- Know how to support clients who take part in exercise and physical activity
- Health, safety and welfare in a fitness environment
- Principles of exercise, fitness and health
- Planning gym-based exercise
- Instructing gym-based exercise
- An understanding of the principles of customer service
- How to plan and prepare group training sessions
- How to deliver group training sessions

**FORMAT**

This course is delivered over 5 practical days, plus distance learning. It also includes an optional 6th day for the **BMF Certificate in Outdoor Fitness**. This is designed for those who are looking to become a BMF Instructor. For this you are required to have passed the Level 2 Course, and be ex-military.

**DELIVERY**

Our courses are delivered via a blended learning approach, which will enable the learner to best discover the knowledge and understanding through their preferred learning style. The course is delivered as follows:

- Weekly one-hour online webinar
- 6 weeks' distance learning
- Access to BMF Academy e-learning platform
- On-going tutor support via email/Skype
- 5 days practical face to face training
- 1 day BMF Certificate in Outdoor Fitness

**ASSESSMENT**

Assessment of this course includes various worksheets, multiple-choice questions and a practical assessment.

**QUALIFICATIONS**

You will achieve the following qualification upon successfully passing this course:

- Level 2 Certificate in Fitness Instruction

**WHAT NEXT?**

Upon completion of this qualification you will be able to enter the fitness industry as a fitness instructor and apply as a BMF Instructor. You will also be able to progress onto our Level 3 Certificate in Personal Training as well as numerous other continuing professional development (CPD) courses.

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## Level 3 Certificate in Personal Training



### WHO'S IT FOR?

For those who want to pursue a career in the health and fitness industry professionally as a self-employed or employed personal trainer. **You must have already completed your Level 2 Certificate in Fitness Instruction.**

### Includes

- Anatomy and physiology for exercise and health
- Applying the principles of nutrition to a physical activity program
- Programming personal training with clients
- Delivering personal training sessions

### FORMAT

Our courses are delivered via a blended learning approach, which will enable the learner to best discover the knowledge and understanding through their preferred learning style. The course is delivered as follows:

- 4 x 2-day practical face to face training spread over 4 months
- Weekly one-hour online webinar
- Ongoing distance learning
- Access to BMFA e-learning platform
- On-going tutor support via email/Skype

### ASSESSMENT

Assessment of this course includes e-assessment, multiple-choice questions, portfolio of evidence and a practical assessment.

### QUALIFICATIONS

You will achieve the following qualification upon successfully passing this course:

- Level 3 Certificate in Personal Training

### WHAT NEXT?

This qualification provides progression to other qualifications at the same and higher levels such as our Level 4 Award in Strength and Conditioning.



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# REPs Level 4 Award in Strength and Conditioning



## WHO'S IT FOR?

For experienced fitness professionals who want to stand out and take their skills to the elite level, to work with professional and amateur athletes, or deliver a level of personal training that is above the industry standard. **You must have already completed your Level 2 and Level 3.**

## Includes

- Coaching Olympic weight lifting technique
- Conducting needs analysis, testing and movement screening
- Designing a periodization training program
- Planning and delivering speed, agility and quickness training
- Planning and delivering plyometric training

## FORMAT

Our courses are delivered via a blended learning approach, which will enable the learner to best discover the knowledge and understanding through their preferred learning style. The course is delivered as follows:

- 4 x 2-day practical practical face to face training spread over 4 months
- Weekly one-hour online webinar
- Ongoing distance learning
- Access to BMFA e-learning platform
- On-going tutor support via email/Skype

## ASSESSMENT

Assessment of this course includes various worksheets, multiple-choice questions and a practical assessment.

## QUALIFICATIONS

You will achieve the following qualification upon successfully passing this course:

- Level 4 Award in Strength & Conditioning



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# MILITARY RESETTLEMENT

As a service leaver, you're eligible for funding from ELCAS – the MOD's Enhanced Learning Credits Scheme. ELCAS will pay 80% of your course costs for a Level 3 qualification or above.

It's as easy as 1... 2... 3...

**1**  
**CHOOSE  
A  
COURSE**

**2**  
**COMPLETE  
CLAIM  
FORM**

**3**  
**BOOK  
ONTO  
COURSE**

Contact us for more info [academy@britmilfit.com](mailto:academy@britmilfit.com)





WORK WITH

# BRITISH MILITARY FITNESS





# FITNESS INSTRUCTORS WANTED

Ex military jobs are available to ex or serving members of the Armed Forces who are looking for a new challenge. We are a nationwide fitness provider and run over 500 classes per week in 140 venues around the UK.

- Ex military jobs for Fitness Instructors with British Military Fitness
- Operating from 140 venues across the UK
- 500 classes nationally per week
- Flexible part-time work and full-time careers available
- Unqualified? Train with our Academy
- Start work within 4-6 weeks
- Our Instructor pay rate is well above industry average

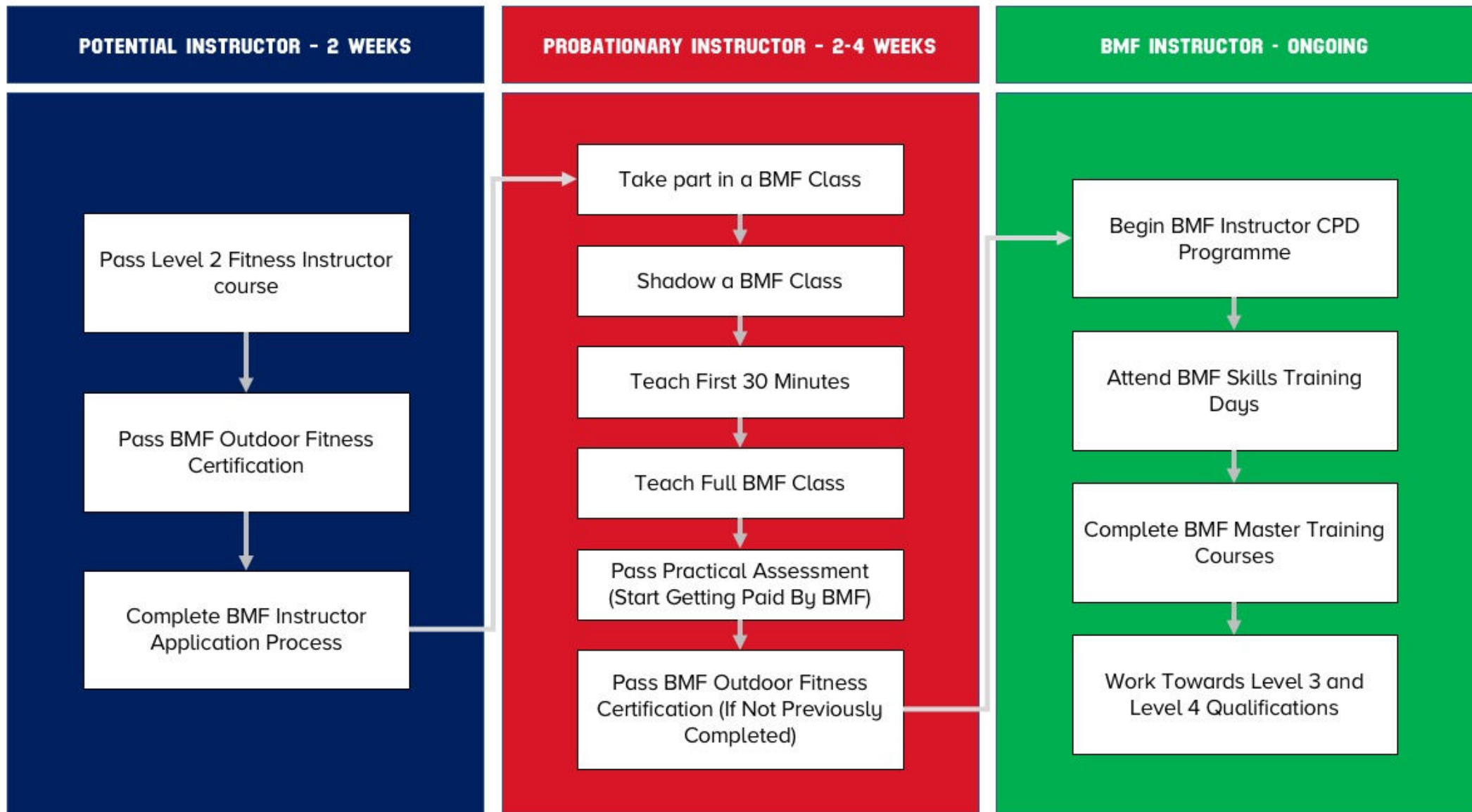


Already qualified?

Apply Now

[www.britmilfit.com/jobs/](http://www.britmilfit.com/jobs/)

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## INSTRUCTOR TRAINING PATHWAY



# CPD COURSES

*Once qualified as a BMF Instructor,  
you gain access to a range of CPD  
courses for free...*

*...in fact, we pay you to do them.*



The image shows two black kettlebells with silver handles resting on a green lawn. In the background, a crowd of people is blurred, suggesting an outdoor event or competition. The text 'KETTLEBELL INSTRUCTOR' is overlaid in white, bold, sans-serif font across the lower portion of the image.

**KETTLEBELL INSTRUCTOR**



# CPD COURSES

## Kettlebell Instructor Course

This course will enable you to have the knowledge and skills to deliver effective Kettlebell training. The course is aimed at fitness instructors and personal trainers who are looking to apply Kettlebell training into their sessions safely and effectively.

### Learners will cover:

- Introduction to the history of Kettlebells
- Health and safety
- Understand basic lifts of Kettlebell exercises
- Practice Kettlebell exercise variety and movement applications
- Design Kettlebell training programmes

### Entry requirement

Minimum REPs Level 2 Fitness Instruction qualification is required to gain REPs accreditation for this course.

### Course duration

This is a one-day practical course.

### Assessment

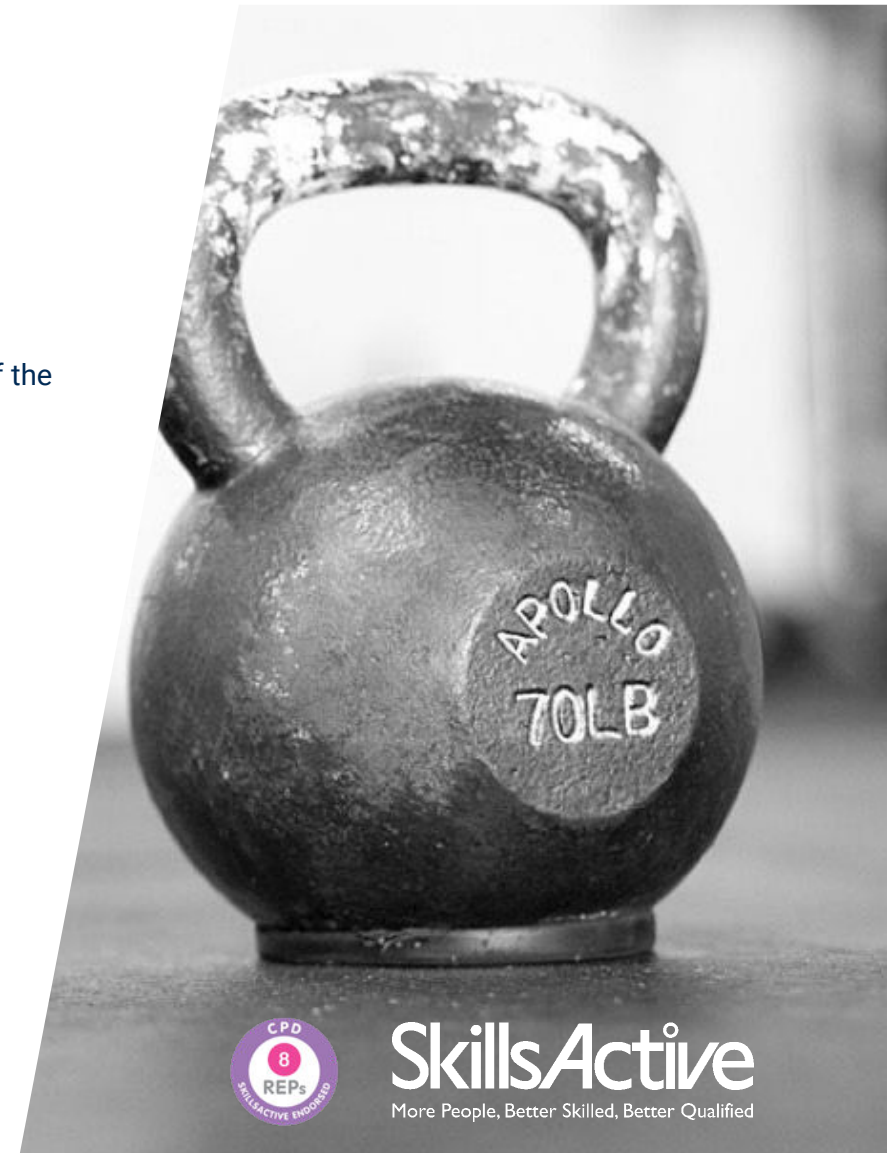
All learners will be practically assessed at the end of the day.

### Qualification

Learners will receive a Skills Active REPs accredited Kettlebell Instructor Certificate.

### What next?

You can progress onto further CPD courses.



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# **RUNNING INSTRUCTOR**



# CPD COURSES

## Running Instructor Course

This course will enable you to have the knowledge and skills to deliver effective running class as well as coach and improve individual performance. The course is aimed at fitness instructors and personal trainers who are looking to apply running training into their sessions safely and effectively.

### Learners will cover:

- Understand how to effectively use energy systems
- Introduction to running biomechanics
- Warm ups and athletic preparation
- Running drill ideas

### Entry requirement

Minimum REPs Level 2 Fitness Instruction qualification is required to gain REPs accreditation for this course.

### Course duration

This is a one-day practical course.

### Assessment

All learners will be practically assessed at the end of the day.

### Qualification

Learners will receive a Skills Active REPs accredited Running Instructor Certificate.

### What next?

You can progress onto further CPD courses.



A group of people are participating in a BoxFit training session outdoors in a grassy field. In the foreground, a man in a red vest and black shorts is sitting on the grass, wearing boxing gloves and holding a black pad. Behind him, a line of people in green and blue vests are also holding pads. To the right, a woman in a black t-shirt and camouflage pants is walking towards the group. The background shows a cloudy sky and some trees.

# BOXFIT INSTRUCTOR



# CPD COURSES

## Boxfit Instructor Course

This course will enable you to have the knowledge and skills to deliver effective Boxfit session. The course is aimed at fitness instructors and personal trainers who are looking to apply Boxing techniques into their sessions safely and effectively.

### Learners will cover:

- Health and safety and introduction to Boxing equipment
- Understanding of footwork drills
- Punching technique and combinations
- Boxfit class ideas

### Entry requirement

Minimum REPs Level 2 Fitness Instruction qualification is required to gain REPs accreditation for this course.

### Course duration

This is a one-day practical course.

### Assessment

All learners will be practically assessed at the end of the day.

### Qualification

Learners will receive a Skills Active REPs accredited Boxfit Instructor Certificate.

### What next?

You can progress onto further CPD courses.



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# POWERBAG INSTRUCTOR





# CPD COURSES

## Powerbag Instructor Course

This course will enable you to have the knowledge and skills to deliver effective Powerbag session. The course is aimed at fitness instructors and personal trainers who are looking to apply Powerbag equipment into their sessions safely and effectively.

### Learners will cover:

- Identify the importance of power in both health related fitness and sports performance
- Describe key biomechanical pattern variables when using Powerbags
- Identify key considerations when designing power based sessions
- Demonstrate practical competence in a range of Powerbag exercises
- Demonstrate key coaching points in Powerbag related drills
- Demonstrate skill differentiation in exercise selection or development

### Entry requirement

Minimum REPs Level 2 Fitness Instruction qualification is required to gain REPs accreditation for this course.

### Course duration

This is a one-day practical course.

### Assessment

All learners will be practically assessed at the end of the day.

### Qualification

Learners will receive a Skills Active REPs accredited Powerbag Instructor Certificate.

### What next?

You can progress onto further CPD courses.



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A person is shown from the waist down, in a starting crouch on a green artificial turf field. They are wearing dark blue athletic shorts with a light grey stripe on the side and blue and dark blue Nike sneakers. Their hands are on the ground, and a red cone is positioned behind their front foot. The person has a tattoo on their right calf. The text "SAO INSTRUCTOR" is overlaid in white, bold, sans-serif font in the lower-left area.

**SAO INSTRUCTOR**



# CPD COURSES

## Speed, Agility and Quickness Instructor Course

This course will enable you to have the knowledge and skills to deliver effective SAQ training. The course is aimed at fitness instructors and personal trainers who are looking to apply speed, agility or quickness training into their sessions safely and effectively.

### Learners will cover:

- Identify different types of speed expression and the mechanisms for development of these
- Describe key mechanical and technical variables in straight-line maximal acceleration & velocity
- Identify key considerations when designing speed training sessions
- Demonstrate practical competence in a range of sprint based drills
- Demonstrate key coaching points relating to drills and speed technique
- Explain the importance of agility in sport and describe the key mechanical and technical variables which enhance agility performance
- Demonstrate skill differentiation in exercise selection or development
- Demonstrate practical competence in a range of agility based drills

- Demonstrate key coaching points relating to drills and agility technique

### Entry requirement

Minimum REPs Level 2 Fitness Instruction qualification is required to gain REPs accreditation for this course.

### Course duration

This is a one-day practical course.

### Assessment

All learners will be practically assessed at the end of the day.

### Qualification

Learners will receive a Skills Active REPs accredited SAQ Instructor Certificate.

### What next?

You can progress onto further CPD courses.



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# WHAT'S NEXT?

You can book our courses online

[Book Now](#)

[www.bmf.academy](http://www.bmf.academy)

Or, if you'd like further advice or guidance,  
please get in touch with us

[Contact us](#)

[www.bmf.academy/get-in-touch](http://www.bmf.academy/get-in-touch)



# FAQ

## **Do I have to be a PTI to work for BMF?**

No, as long as you are an ex or serving members of the Armed Forces, Police or Fire Brigade, you can work for BMF. You will need to complete a recognised fitness qualification at a minimum of Level 2. We offer the Level 2 in our Academy.

## **Can I work BMF around another job?**

For all new Instructors, our working hours are extremely flexible. Every month you will give your availability to our park managers who will then allocate you classes at the venues that you have agreed to work. The more availability you give, the more work you are likely to receive. Our classes are mainly in the evenings and on weekends so this can easily be worked around normal working hours and enable you to increase your income.

## **How much work can I be guaranteed when I start working for BMF?**

This depends on where you are located. In one of our smaller venues you may be able to receive 1 or 2 classes per week. However within our bigger venues and areas with multiple parks, some Instructors can teach up to 10 classes per week.

There is also the opportunity to do additional work depending on your qualifications such as Adventure Training Instruction, working on our events and supporting local initiatives with corporate organisation and classes in the local communities.

## **What are career prospects like with BMF?**

There are very good career prospects within BMF. All of our Park Managers and Regional Managers started as instructors and created a career for themselves at BMF. We always look to recruit for these positions from within the company. We currently have over 300 instructors, Lead Instructors, Park Managers, Park & Fitness Managers and Heads of Operations providing a fantastic structure across our venues. We have numerous exciting opportunities arising and have a very fair recruitment process to find the best person for each role.



## **What is REPs?**

REPs are a government backed organisation that regulates all instructors within the industry. You can gain registration through achieving and maintaining qualifications and training that is recognised by the National Occupational Standards for exercise and fitness.

## **Who are Active IQ?**

Active IQ are one of the UK's leading Awarding Organisations for the Active Leisure, Learning and Wellbeing Sector.

Active IQ is an awarding organisation recognised and regulated by Ofqual within the Active Leisure sector designing qualifications that support clearly defined career pathways. We pride ourselves on excellent customer service, and strive to provide high quality resources for our qualifications enabling Training Providers to give a positive learning experience.

# ACADEMY LOCATIONS

