



Reference No

071/028

Duration

17 weeks

Location

Commando
Training Centre
Royal Marines

IELTS

6

Frequency

2 courses
per year

ROYAL MARINES PHYSICAL TRAINING COURSE CLASS 2

AIM OF COURSE

To prepare Marines to be able to instruct recruits here at the Commando Training Centre Royal Marines (CTCRM)

OUTLINE SYLLABUS

- ◆ Module 1 PT modalities
- ◆ Module 2 duties of a PTI
- ◆ Module 3 Sport/Competition
- ◆ Physical fitness (IMF, BPT and Commando Tests)
- ◆ Organisation of a free activity
- ◆ Organisation of a major event
- ◆ Varied coaching courses (see examinations below)

ENTRY STANDARDS

- ◆ Pass Royal Marines PT2 selection

EXAMINATIONS/QUALIFICATIONS GAINED

- ◆ Module 1,2,3 exams (PT Modalities, Duties of a PTI and Sport/Competition)
- ◆ British Amateur Weightlifting exam (BAWLA)
- ◆ RLSS Assistant Swim Teacher exam
- ◆ National Pool Life Guard exam
- ◆ Royal Marines Close Combat Instructor exam
- ◆ Level 2 Coaching Course (Varied Sports)
- ◆ Amateur Boxing exam (Half Badge)
- ◆ IMF class taking exam
- ◆ Circuit training exam
- ◆ BPT class taking exam
- ◆ Week 6 practical exam
- ◆ BPT pass out
- ◆ Commando Tests
- ◆ Free activity exam
- ◆ Major event exam

REMARKS

Emphasis is on the ability to teach/coach/mentor Recruits