



**Reference No**

072/029

**Duration**

4 weeks

**Location**

Commando  
Training Centre  
Royal Marines

**IELTS**

6

**Frequency**

2 courses  
per year

# ROYAL MARINES PHYSICAL TRAINING COURSE CLASS 3

## AIM OF COURSE

To prepare Marines to be able to instruct Troop level Physical training period, to be able to deliver the Royal Marines Close Combat (RMCC) syllabus and to aid the Unit Physical Training Instructor (UPTI) in conducting the Military Annual Training Tests (MATT's)

## OUTLINE SYLLABUS

- ◆ RMCC Inst syllabus
- ◆ Theory of warming up/cooling down
- ◆ Theory of circuit training
- ◆ Circuit training exam

## ENTRY STANDARDS

- ◆ Pass Royal Marines PT Selection

## EXAMINATIONS/QUALIFICATIONS GAINED

- ◆ RMCC Inst Practical Exam
- ◆ Circuit training assessment

## REMARKS

Emphasis is on the ability to teach at Troop level.

The ability to produce circuits that can be used in several locations, again aimed at Troop strength.