



## NVQ Level 1 in Exercise and Fitness

- ☑ **Have military experience but no physical training qualifications ?**
- ☑ **Would you like to earn extra income working part-time ?**



## Get qualified to become a British Military Fitness instructor !

The course is being run by the Military Preparation College, in partnership with British Military Fitness UK. Instruction takes place both outdoors and in the classroom and includes :

- **The qualities of a successful instructor**
- **Underpinning principles of fitness instruction**
- **Fitness session workshops**
- **Group observations**

All aspects of the programme are specifically tailored to ensure that candidates are qualified to the high standards needed to be a British Military Fitness instructor. Once qualified, you will be able to receive work as a BMF instructor, dependent upon your location and passing normal checks.



This is an exceptional opportunity to enjoy all of the benefits of being a British Military Fitness instructor.

The cost of the course is £399, with a deposit of £100 required. Easy-payment schemes may be possible - please contact us for further details.

*“The course was really good value. I now feel confident to take a session on my own...”*



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