



NVQ Level 2 in Exercise and Fitness

This nationally recognised qualification will give you the authority to instruct people professionally in exercise and fitness techniques. The benefits of this are clear :

- **Enjoy the job satisfaction of being your own boss**
- **Earn money whilst doing something you enjoy**
- **Manage your own workload and earning potential**
- **Become an expert in exercise and fitness**
- **Help people to change their lifestyles**



The course is being run by the Military Preparation College, in partnership with British Military Fitness UK. The programme is split into 2 weekends :

The first weekend is gymnasium-based and runs over 2 days. You will gain underpinning knowledge regarding the basics of instruction. You will take part in the first of 3 observations, and obtain a distance learning pack to complete in your own time.

The second weekend runs over three days, and is a combination of gymnasium and outdoor work. After this part of the programme, you will be competent in planning and running a group session.

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 qualified exercise and fitness instructor.

The cost of the course is £595, 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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