Military Fitness with Leadership

Edinburgh College

Venues

Granton Campus

Content

This is a fast pace 18-week course suitable for individuals who are looking potentially for a career in one of the British Armed forces or may be looking at developing their fitness and leadership skills.

The course will prepare you for the interview and recruitment / selection process carried out by the British Military; Army, Navy and Royal Airforce.

During the course you will develop a very good level of fitness, gain valuable insights into the career opportunities available in the British Military through multiple visits to Military establishments, Regiments and Cores. On completion of the course, you will be well placed to make an informed choice about your future career path.

You should be highly motivated, committed and enthusiastic individuals with a keen interest in developing their own physical fitness and skills related to a career in the Military or related Uniformed Service.

The course will introduce candidates to five main areas related directly to the British Military:

Military Recruitment Process; Military Fitness Standards/ Testing; Leadership Skills / Personal Development; Health/ Wellbeing; Fitness / Sport/ Adventurous Training.

Start Date

January

Qualification

Other

Study Method

Full time

Course Length

18 weeks

Department

Sport and Fitness

Entry Requirements

No formal entry requirements. You will be expected to meet the eligibility criteria for entry into the British Armed Forces. Interview with practical and physical tests.

SCQF Level

4

SCQF Points

«SCQFPoints»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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www.edinburghcollege.ac.uk