

Physical Training Instructor

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Company: Royal Air Force

Location: Lincoln

Category: other-general

What will you do?

You will be responsible for training RAF personnel, advocating healthy lifestyles and encouraging change if needed and helping those who fail their annual fitness test to ensure.

You play a key role in ensuring operational preparedness. In your role you will:

Fitness coaching - training personnel, helping people who fail the annual fitness test, motivating lifestyle changes

Conduct fitness and health tests as well as counselling

Organise sporting and adventure activities

Manage a wide range of sporting facilities

Minimum Education Regular

You will need GCSE at Grade C or Scottish National 5 grade C in English Language and Mathematics.

Minimum Education Requirements

You will need GCSE at Grade C or Scottish National 5 grade C in English Language and Mathematics.

You will also require all of the following:

Be on the Register for the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) for accreditation (other governing bodies will be considered however must

be part of CIMSPA before phase 2 training commences). Be in possession of a Level 3 Personal Trainer Award registered with CIMSPA or other governing bodies (must be accredited by CIMSPA before phase 2 training commences) Be able to demonstrate the delivery of group physical education classes and have two years experience teaching physical education within the last five years.

Requirements

Be aged 16 – 47 years old (Must attest before 48th birthday)

Be a citizen of the UK or the Republic of Ireland, holder of dual UK/ other nationality or have been a Commonwealth citizen since birth (with 'right to work' immigration status)

Commit to minimum 3 years of service after specialist training

Pass the

Pass a fitness test

Requirements

Be aged 18-54 Applicants must apply no later than age 54 and 9 months in order to attest before 55th birthday Ex-Regulars and specialist entrants may be considered on a case by case basis

Be a citizen of the United Kingdom or the Republic of Ireland, holder of dual UK/other nationality or have been a Commonwealth citizen since birth (with indefinite leave to remain immigration status)

Be able to evidence the delivery of group physical education classes and have 2 years' experience of teaching physical education within the last 5 years

Commit 27 days per year

Meet the health and fitness criteria

Be able to swim competently 50m Backstroke, Breaststroke and Front crawl, tread water for 2 minutes and deep dive to approx 3 metres

Pass the

Reserve role locations Reserve roles exist in specific reserve squadrons, which in turn are located at specific RAF bases. As you will not be resident at those bases (except on multi-day operations or exercises), geographic proximity to where you live is important. These are the bases where this role is active: 502 Sqn, JHFS Aldergrove, Co Antrim 505 Sqn, RAF St Mawgan, Newquay 600 Sqn, RAF Northolt, Middlesex 606 Sqn, RAF Benson, Oxon 609 Sqn, RAF Leeming, North Yorkshire 611 Sqn, RAF Woodvale, Merseyside 614 Sqn, Cardiff 2503 Sqn, RAF Waddington, Lincolnshire 2620 Sqn, RAF Marham, Norfolk 2624 Sqn, RAF Brize Norton, Oxfordshire Apprenticeships available The RAF is one of the largest providers of diverse apprenticeships in the UK. We offer these apprenticeships for this role: Level 3 Personal Trainer Apprenticeship Through the design and provision of creative and personalised exercise programmes and instruction, nutritional advice and overall lifestyle management, Personal Trainers will motivate clients to positively change their behaviour and improve their overall wellbeing by providing specialist, tailored advice within their scope of practice, while always being aware of when to refer clients to relevant appropriate professionals for specialist information and guidance (. physiotherapist, registered dietician, medical specialist).

CAREER, TRAINING & EDUCATION At any level or position your personal success is vital to make us succeed too. We are dedicated to your future, as it is essential to ours. You will receive basic and specialist training in your field and we even provide the option to pay for your education. The experience you gain with the RAF will equip you to work at the top of your field, both in the UK and overseas. 01 Phase one training Initial Training 10 weeks RAF Halton Your career will start with a Basic Recruit Training Course at RAF Halton in Buckinghamshire. 10 weeks RAF Halton Phase one training

The course is designed to help you adjust to a military environment. As well as fitness and military training, you'll also learn about the RAF lifestyle.

02 Phase two training Specialist training 21 weeks RAF Cosford The specialist training course is held at the School of Physical Training, RAF Cosford near Wolverhampton. 21 weeks RAF Cosford Phase two training

The course will qualify you in class instructional techniques across a broad range of physical domains and Human Performance, the effects of exercise on the body, leadership, coaching techniques, sports administration and officiating.

At the end of this course you will gain a Level 2 Gym Instructor as well as be eligible to join the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

03 Ongoing development Ongoing training Ongoing As assigned On day 1 of the 21 week

specialist training course you will be offered the opportunity to commence a Level 3 Personal Trainer Apprenticeship. Ongoing As assigned Ongoing development

This scheme will continue post-graduation in your workplace. Following specific work-based tasks you will be expected to conduct an end point assessment with an external company in order to gain the qualification.

On completion of the apprenticeship you will be awarded a Level 3 Personal Trainer award.

This qualification is also recognised by CIMSPA.

04 First tour Specialist training Ongoing As assigned You will probably be assigned to an RAF base where you will deliver programmed physical training to personnel who are undergoing their own role-related training courses. Ongoing As assigned First tour

Additionally, you can expect to be carrying out physical fitness tests and providing specific fitness related training programmes to RAF personnel. This work will allow you to consolidate your specialist training as you complete your Work Place Training package over the first 12 months.

05 Your career prospects Ongoing training Ongoing As assigned You will initially join the RAF for a period of 12 years on a Notice Engagement with the rank of acting Corporal. Ongoing As assigned Your career prospects

After completing one year total service and providing you pass further training courses, you will be confirmed in the rank of substantive Corporal. This early part of your career will focus on Human Performance development training and delivery.

As you progress, you will be required to undertake training in at least one of 4 further pathways to continue your career: Parachute Jumping Instruction, Force Development Instructor, Exercise Rehabilitation Instructor and Survive, Evade, Resist and Extract Instructor.

Personal preference is considered, whenever possible, but cannot always be granted due to the needs of the RAF.

As a prospective Physical Training Instructor you will have signed a certificate during your specialist interview to acknowledge this requirement. Further promotion to the rank of Sergeant and beyond is by competitive selection.

06 Transferrable skills Ongoing training Ongoing As assigned The qualifications you can earn are as valuable in the wider world as they are in the RAF. Ongoing As assigned

Transferrable skills

Which means that whenever you decide to leave the RAF, you will be well placed to find a job in the physical recreation and leisure industry or wider in the training delivery and

assurance field.

prevnext TRAINING AND CAREER At any level or position your personal success is vital to make us succeed too. We are dedicated to your future, as it is essential to ours. You will receive basic and specialist training in your field and we even provide the option to pay for your education. The experience you gain with the RAF will equip you to work at the top of your field, both in the UK and overseas. 01 Phase one training Basic Recruit Training 23 days (split) RAF Halton Your first steps with us will be your Basic Recruit Training Course (BRTC). 23 days (split) RAF Halton Phase one training

This will take place over 4 weekends at your chosen RAF Reserves Squadron, followed by a 15-day residential training course at RAF Halton in Buckinghamshire. This should be completed within your first year in RAF reserves.

Throughout your training you'll become prepared for service life in one of the most respected military forces in the world. As well as military training you'll learn about the core values, code of conduct, and history of the RAF as well as its unique lifestyle.

02 Phase two training Specialist Training Ongoing As assigned After successfully completing initial training, you will be trained for your specific role in the RAF either at your squadron or another RAF station in the UK. Ongoing As assigned Phase two training

You'll now be trained for your specific role with us, either at your squadron or another RAF station in the UK.

03 Commitment Your commitment Ongoing As assigned We ask that you commit to a minimum of 27 days each year with us. Ongoing As assigned Commitment

This will mean you can get the most out of your role as a Reserve and provide value to us. Each year includes a 15-day block for general RAF training, and 12 separate days for extra training or exercises.

You could also be deployed to a UK or overseas base for up to 6 months after your first year with us.

04 Ongoing development Ongoing training Ongoing As assigned You will have valuable personal development opportunities together with the chance to work around the world, gaining unique experiences in the process. Ongoing As assigned Ongoing development As well as RAF training packages and courses linked to outside professional bodies, we actively support individual study programmes at every level.

05 Transferable skills Ongoing training Ongoing As assigned Much of our in-house training is accredited or recognised by external awarding bodies. Ongoing As assigned Transferable skills

The skills you learn with us as a Reserve will complement those that you use in the wider world, providing value at work and at home too.

prevnext WHY JOIN THE RAF?

Thanks to subsidised food, travel, accommodation and free gym you get more money in your pocket.

Rent from £75p/m Free gym Subsidised food Health care World travel Training WHY JOIN THE RESERVES?

The skills you acquire as a Reserve won't just prepare you for the RAF, they will enhance your work and civilian life.

You might be called up to assist with our operations worldwide for up to six months, during which you may be able to claim a pay award to cover your and your employer's costs.

Training Free gym Subsidised food Paid pension Paid holiday COMMITMENT AND LOCATION You will have to commit to 27 days per year for 12 years minimum.

Each year includes a 15-day block for general RAF training, and 12 separate days for extra training or exercises.

You might be deployed to a UK or overseas base for up to 6 months after the first year.

WHAT HAPPENS AFTER APPLYING Joining the RAF takes several steps. Below is an overview of the process. The purpose of this process is for us to gauge whether you're the right person for the RAF and for you to show us all of your skills and experiences that have made you who you are. 1 Aptitude test 2 Selection Interviews 3 Health Assessment 4 Fitness Test 5 Acceptance 6 Training 1 Aptitude test Stage 1 of 6

The aptitude test has been designed to ensure you're a good fit for the role you're applying for. You'll answer seven multiple choice sections which each focus on a different skill:

Verbal reasoning - use and interpretation of written information

Numerical reasoning - ability with basic fractions, decimals and formulae

Work rate - speed and accuracy of tasks

Spatial reasoning - how shapes and objects work

Electrical comprehension - working with electrical concepts

Mechanical comprehension - grasp of mechanical concepts

Memory - Ability to remember information accurately

Click to find out more about the Defence Aptitude Assessment (DAA) and try the online practice test.

2 Selection Interviews Stage 2 of 6

Here's where we get to know you a little better. You'll get to showcase your skills and experience, and we'll answer any questions you have about joining us. Your interview will take place at a local AFCO and cover the following topics:

Family life

Education

Work experience

Special interests and hobbies

Interest in the RAF

Training

The role you've applied for

The RAF

You'll be asked a series of standard questions, and you'll be able to ask your own questions during the debrief afterwards. Some roles require a second interview and/ or test to determine your suitability. These are normally conducted over a 1-3 day period at an RAF base where you'll be able to see, and experience, the kind of environment you'll be working in. Details about which interviews are relevant for you will be provided during the application process.

3 Health Assessment Stage 3 of 6

You're legally required to meet certain medical standards, and must pass an occupational health assessment to show you're fit for military duty. As part of this assessment we will check your overall health, focusing on areas like hearing, eyesight and body mass index.

We'll also investigate any past illnesses and screen for health issues that may prevent you from carrying out your role. Please refer to entry requirements below for more information about the health standards you'll need to meet.

4 Fitness Test Stage 4 of 6

A good level of fitness is critical to joining the RAF, it's also something that must be maintained throughout your career. You'll need to complete a Pre-Joining Fitness Test (PJFC). This will

take place at a local gym, and includes a 2.4km run, push up test and a sit-up test.

The performance level you'll need to meet differs by age and gender. Please refer to the entry requirements below for more information about the health standards you'll need to meet.

You can also find help, and a training plan, to assist you in your preparation .

5 Acceptance Stage 5 of 6

Once you've successfully completed each phase of the application process you'll be invited to a provisional offer of service interview at your nearest AFCO.

This is to ensure that you understand the terms and conditions of service in the RAF, are fully committed to joining, and prepared to commence training.

6 Training Stage 6 of 6

Basic Recruit Training

This takes place over 10 weeks at RAF Halton in Buckinghamshire. It will make you fitter and more confident. It will challenge you mentally and physically, and it will prepare you for your career with us. There are 6 phases:

Arrival - You'll be sworn into the RAF and be given a service number

General Service training - You'll learn about marching, drills, core values and our code of conduct

Initial Force Protection training - Fighting and survival in a military environment

Exercise Blue Warrior - 4 days in the field with real battle conditions

Force development training - Apply your skills in new environments with adventurous training activities

Graduation - Learn about what's required in your first post and display your new skills

What next?

Now you're a fully-fledged member of the RAF you can receive role specific training.

WHAT HAPPENS AFTER APPLYING Joining the RAF as a Reserve takes several steps.

Below is an overview of the process. The purpose of this process is for us to gauge whether you're the right person for the RAF and for you to show us all of your skills and experiences that have made you who you are. 1 Squadron information day 2 Aptitude test 3 Selection interview 4 Health assessment 5 Fitness test 6 Acceptance 7 Training 1 Squadron information day Stage 1 of 7

The first step in the application process requires you to attend a squadron information day. This is a chance for you to visit the squadron of your choice and ask questions. You'll get to see what life is like in the RAF Reserves and learn about the trade you're interested in.

2 Aptitude test Stage 2 of 7

All Reserves take an aptitude test known as the 'Defence Aptitude Test' at the local squadron they have applied to, or a local AFCO in some cases. The test ensures we match the right candidate to the right role and consists of seven multiple choice sections focusing on different skills:

Verbal reasoning – use and interpretation of written information

Numerical reasoning – ability with basic fractions, decimals and formulae

Work rate – fast and accurate completion of tasks

Spatial reasoning – understanding of how shapes and objects work

Electrical comprehension – ability to work with electrical concepts

Mechanical comprehension – grasp of mechanical concepts

[Click to find out more about the Defence Aptitude Assessment \(DAA\) and try the online practice test.](#)

3 Selection interview Stage 3 of 7

Here's where we get to know you a little better. You'll get to showcase your skills and experience, and we'll answer any questions you have about joining us. Your interview will cover the following topics:

Education

Employment

Interest and motivation for joining the RAF Reserves

Military awareness and Service Knowledge

You'll be asked a series of standard questions, and you'll be able to ask your own questions during the debrief afterwards. Some roles require a second interview and/ or test to determine your suitability. These are normally conducted over a 1-3 day period at an RAF base where

you'll be able to see, and experience, the kind of environment you'll be working in. Details about which interviews are relevant for you will be provided during the application process.

4 Health assessment Stage 4 of 7

You're legally required to meet certain medical standards, and must pass an occupational health assessment to show you're fit for military duty. As part of this assessment we will check your overall health, focusing on areas like hearing, eyesight and body mass index.

We'll also investigate any past illnesses and screen for health issues that may prevent you from carrying out your role. Please refer to entry requirements below for more information about the health standards you'll need to meet.

5 Fitness test Stage 5 of 7

A good level of fitness is critical to joining the RAF, it's also something that must be maintained throughout your career. You'll need to complete a Pre-Joining Fitness Test (PJFT). This will take place at a local gym, and includes a 2.4km run, push up test and a sit-up test.

The performance level you'll need to meet differs by age and gender. Please refer to the entry requirements below for more information about the health standards you'll need to meet.

You can also find help, and a training plan, to assist you in your preparation .

6 Acceptance Stage 6 of 7

If you've successfully completed each phase of the application process, you will be invited to attest into the RAF Reserves at your chosen Squadron.

7 Training Stage 7 of 7

Basic Recruit Training

Basic recruit training takes place at RAF Halton in Buckinghamshire over a 15-day period.

This residential course includes an introduction to life in the RAF Reserves, military skills training, drills, field training, and team-building exercises.

What's next?

After basic recruit training, you will go on to receive role specific training in your spare time.

ENTRY REQUIREMENTS

Applicants must be aged between 16 and 47 years old (Must attest before 48th birthday).

Applicants must also read all of the sections below and make sure they meet all entry requirements before submitting an application.

EDUCATION REQUIREMENTS

Have these minimum grades:

GCSE pre- 2017 GCSE 2017 Onwards Scottish National 5 Mathematics CGrade 4C

NATIONALITY & RESIDENCY

NATIONALITY

You must be a citizen of the United Kingdom or the Republic of Ireland, holder of dual UK/other nationality or have been a Commonwealth citizen since birth (with 'right to work' immigration status). Employment restrictions may be imposed within the Specialisation. Non-British nationals applying for this Specialisation are required to certify that they have been advised of the employment limitations and the consequences of not naturalizing as a British citizen.

RESIDENCY

Whether or not you were born in the United Kingdom, you should have resided there for the 5 years immediately preceding your application, but candidates with a minimum of 3 years may be considered.

If you have resided abroad for a period due to work or study, you may still be eligible on a case by case basis. Please continue this registration and proceed to your full application.

FITNESS REQUIREMENTS

You must be physically fit to complete both initial and specialist training, and to do your role effectively.

As part of the application process you will need to do the Pre-Joining Fitness Test (PJFT), which takes place at a fitness centre local to you.

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