

A woman in a striped sports bra and dark leggings is climbing a thick rope in a gym. She is looking upwards with a focused expression. The background shows a large, industrial-style building with a high ceiling and structural beams.

NCFE LEVEL 1
CERTIFICATE IN SPORT

NCFE LEVEL 2
FITNESS INSTRUCTING

Entry requirements

All candidates will be invited to attend a pre-course interview at one of our Military Academies.

During these courses you will:

Gain an understanding of the principles of exercise and fitness, and build your knowledge of safety factors surrounding correct equipment use, exercise techniques and suitable clothing.

Apply the principles of a training programme, including assessing your own personal fitness levels, preparing your own fitness programme, setting smart targets to achieve, and monitoring progress.

““” I have really enjoyed my time with Learning Curve Group. I found the fieldcraft activities really interesting and I've enjoyed taking part in drills as I feel like it has really improved my fitness.

Dale, Level 1 Diploma for Entry to the Uniformed Services
