

CHAPTER 82

WARFARE BRANCH – PHYSICAL TRAINING

CONTENTS

Para	
8201.	General
8202.	Entry into the Physical Training Specialisation
8203.	Working with Vulnerable Groups - Criminal Record Clearance
8204.	Application Process
8205.	Aptitude Test
8206.	Post PT Aptitude Test Actions
8207.	Attending LPTQC
8208.	Passing LPTQC
8209.	Reversion and Disrating
8210.	Initial Employment for LPTs
8211.	JPA Recording - Competences, Annual OPS Check, RNFT, Sea Time and CBRNDC Task Book
8212.	Education For Promotion
8213.	Adventurous Training Leader
8214.	Exercise Rehabilitation Instructors

ANNEX

Annex 82A Physical Training Specialisation - Promotion Flowchart

CHAPTER 82

WARFARE BRANCH – PHYSICAL TRAINING

8201. General

This Chapter covers the career regulations for General Service Warfare Branch Physical Training (PT) Instructors. Divisional Officers are to ensure that a copy of this Chapter and Annex is placed in the PDR of every member of the PT specialisation.

8202. Entry into the Physical Training Specialisation

- a. The following criteria must be met for entry into the PTI specialisation:
- (1) An AB1 or MNE with at least 12 months' service since attaining Operational Performance Standard (OPS) at the date of application, a Leading Hand (LH) or Corporal (Cpl).
 - (2) In date for source branch Annual OPS Check.
 - (3) An individual may attend the PT aptitude test with an SJAR assessment of 'Developing', however manning clearance to attend LPTQC will NOT BE granted until an individual has received a positive recommendation of 'Yes' or above for LH/Cpl (if AB1, Mne or Lance Cpl) on a subsequent SJAR.
 - (4) Recommended by their Commanding Officer for the PT specialisation.
 - (5) Have a permanent medical category of MEDCAT MFD A4/L1/M1/E1.
 - (6) Achieved minimum NAMET 5:5 or Level 1 Functional Skills (or equivalent) in English and Mathematics and recorded on JPA with the appropriate competence. To be educationally qualified for promotion (EFP) in accordance with Para 9640 and the competence 'Educational|RN/RM QELH/Cpl|Navy|' recorded on JPA.
 - (7) Six months or more since last Career Check (if any).
 - (8) Have at least 3 years to serve on completion of the Leading Physical Trainer Qualifying Course (LPTQC).
 - (9) Have manning clearance for transfer.
 - (10) Hold a full UK driving licence. (An individual may attend the PT Aptitude Test (see [Para 8204](#) below) however manning clearance to attend LPTQC will NOT be granted until an individual has a full UK licence and it is recorded on JPA.)

8203. Working with Vulnerable Groups - Criminal Record Clearance

Vulnerable Groups Clearance is required only for individuals performing their roles at Phase 1 or 2 Training Establishments. Application for a D&BS clearance will be made by the PT Career Manager via the Chief Staff Instructor.

8204. Application Process

An individual must have passed a PT Aptitude Test before manning clearance is authorised. No individual can attend an aptitude without PPLAN approval; the following procedure is to be used:

- a. **Aptitude Test Clearance.** When an individual has been recommended for the PT specialisation in accordance with Para 8202.a [sub para \(4\)](#), an application is to be submitted to PCAP, for the attention of NAVY PCAP-PPLAN SWPR WO1 for permission to attend an Aptitude Test.
- b. When permission is granted, the individual's Divisional Officer (DO) is to liaise with RNSPT (Chief Staff Instructor) to request a place on a PT Aptitude Test. The application is to be e-mailed to NAVY OP TRG-MWS TEM RNSPT CSI and is to state the following information:
 - (1) The individual meets all criteria at Para 8202 [sub para a](#).
 - (2) Approval from PCAP PPLAN SWPR WO1 has been granted in accordance with approval Email.
 - (3) Has the Support of the Unit to Attend PT Aptitude and has been provided the necessary training time/exposure to RN PT prior to attendance.
 - (4) Has been briefed on career implications.

8205. Aptitude Test

Aptitude Tests are held in HMS TEMERAIRE. They are usually conducted in May, Sep and Dec, however an RNTM is released annually in Dec detailing PTA dates for the next training year. Joining Instructions will be sent to the individual and their DO approximately 14 days prior to the PTA. DOs are to ensure that they complete and sign the medical certificate attached to the Joining Instructions after confirming the medical suitability of the individual by sighting JPA Medcat and JMES codes.

- a. **Conduct of the Aptitude Test.** All elements of the PT Aptitude are compulsory. The candidate will be required to demonstrate, to the satisfaction of the Instructor, that he/she:
 - (1) Is physically fit and has the potential to complete the LPTQC.
 - (2) Possesses the required mental attitude in addition to their physical abilities. Individuals should demonstrate Naval Core Values (C2DRIL) as a matter of course and display the mental resilience to succeed in this arduous evolution.
 - (3) Is able to demonstrate adequate motor skills and co-ordination during physical activity.
 - (4) Demonstrates a sound understanding of a pre-determined topic and is able to deliver a presentation on this topic with confidence, clear communication and clarity.

(5) Has the potential to carry out the administrative tasks associated with sport and recreation management (eg. organising sports events, writing letters, memos, programmes etc), including a basic understanding of Defence Writing in accordance with JSP 101.

(6) Has a basic knowledge of anatomy and physiology.

(7) Has a basic knowledge of sports rules associated with the major sports played within the RN.

(8) Has the potential to deliver a general circuit to a high level including all elements associated within (warm up, phase 2 games, main body, overload, developmental stretches).

(9) Displays the potential to identify and rectify incorrect movement during fundamental movement patterns.

b. On completion of the Aptitude Test candidates, and their DO, will be informed by RNSPT if they have passed or failed. The RNSPT will inform NAVY PCAP-PPLAN SWPR WO1 of the results.

8206. Post PT Aptitude Test Actions

a. **Branch Transfer Manning Clearance.** Once an individual has passed the PT Aptitude Test, manning clearance to change branch/specialisation is to be requested by the individual's DO via NAVY PCAP-PPLAN SWPR WO1 in accordance with current regulations.

(1) Manning clearance, if granted, will be valid for up to two years.

(2) Manning clearance to attend LPTQC will not be granted until a positive recommendation for promotion to OR4 of 'Yes' or above is made on a SJAR in accordance with Para 8202.a [sub para \(4\)](#).

(3) The individual will then be allocated a provisional place on a LPTQC.

b. On receipt of an Assignment Order detailing a candidate for LPTQC, Divisional Officers are to check that the rating meets all the requirements for the Course listed at Para 8202. [sub para a](#). Queries regarding eligibility which cannot be answered should be referred to the Branch Manager immediately, particularly if they concern a Career Check, seniority or current recommendation for LH.

8207. Attending LPTQC

When manning clearance has been granted and prior to attending LPTQC, joining instructions will be issued. An individual MUST ensure:

a. The attached medical certificate is signed by a Medical Officer, stating that the candidate has been medically examined within the preceding 14 days and found to be medically and physically fit to undergo the LPTQC.

- b. This certificate MUST be returned to the Instructor by the date stipulated in the Joining Instructions.
- c. Any individual who does not have a signed medical certificate will not be permitted to commence LPTQC.
- d. Where possible, individuals are to be loaded to LRLC prior to attending LPTQC.

8208. Passing LPTQC

On successful completion of LPTQC, the following rules apply:

- a. On being rated LPT, ratings leave their original specialisation and join the PT specialisation.
- b. An individual will be advanced to LPT once all the criteria at [Annex 82A](#) have been satisfied. The following gives further guidance:
 - (1) LHs or equivalent rates who pass LPTQC will be rated LPT with a seniority date adjusted to the last day of LPTQC.
 - (2) ABs or equivalent rates who have passed the LRLC will be rated LPT with a seniority of the last day of LPTQC.
 - (3) ABs or equivalent rates who pass LPTQC but have not passed the LRLC will be rated LPT on successful completion of LRLC with seniority back dated to the last day of LPTQC.
- c. All LPTs are subject to a 12-month probationary period as described at [Para 8209](#).
- d. See Para 6909 and Para 6915.a sub para (4) regarding non-completion of LRLC and advancement to AHR in exceptional circumstances.

8209. Reversion and Disrating

- a. **Leading Physical Trainer.** If, at the end of one year's service as a LPT, a rating should be considered to be unsuitable or unable to attain the standard required of a LPT, he/she is to be returned to his/her source specialisation with original seniority as an AB or LH.
- b. In common with other sideways entry specialisations, ratings who are reverted or disrated to AB will be returned to their former specialisation and categories. Re-promotion and future employment within the PT specialisation will be considered by the Branch Manager on a 'case by case' basis in consultation with the Navy Command Terms of Service team.

8210. Initial Employment for LPTs

- a. On successful completion of LPTQC, all newly qualified LPTs will normally spend a minimum of 12 months consolidating at a Phase 1 or 2 Training Establishment. This will be followed by their first sea assignment.
- b. In order to grow PTs with the requisite skill sets for Joint Service Exercise Rehabilitation Instructor (JSERI) and Adventurous Training Instructor (ATI), LPTs will be given early exposure to both these disciplines. Preferences will be noted by the Career Manager with a view to providing specialist training for the individual on completion of their first sea assignment.

8211. JPA Recording - Competences, Annual OPS Check, RNFT, Sea Time and CBRNDC Task Book

- a. **Recording of Competences.** Once a PT rating has successfully completed LPTQC and the WTTB the rating will be deemed to have achieved OPS. The competence (Professional| OPS for LH PT|Navy) is to be input to JPA by theCSI RNSPT.
- b. **Annual OPS Check.** PT TB completion defines the achievement of LPT OPS and ratings have 12 months to complete the TB. Thereafter, the continued maintenance of OPS (including RNFT) is fundamental to all further development and promotion. In order to monitor individual maintenance of OPS, an annual OPS Check is to be conducted and, dependent upon their current assignment, LPTs must complete either a General, ERI or ATI OPS as directed by the RNSPT. The following personnel are authorised to conduct OPS Checks and act as signatories:
 - (1) A RN PT specialisation Warrant Officer or Senior Rating or assigned RM PT SNCO.
 - (2) In Units with no PT Senior Ratings, the Executive Officer or Executive Warrant Officer.

In exceptional circumstances, some individuals may be unable to achieve the mandatory annual OPS Checks. Where this is the case, the PT Spec Adviser should be consulted for advice.

On completion of the Annual OPS Check, the PT Rating's Divisional Officer (usually CPOPT or EWO) is to input the following competence in JPA (CMS| Annual OPS Check LH| Navy). This competence should overwrite that of the previous year and is valid for 12 months.

- c. **RNFT.** Ratings are to be in date RNFT or in possession of either a permanent medical exemption as issued by a Naval Service Medical Board of Survey (NSMBOS) or temporary exemption (as issued by the Commanding Officer) on the CPD. See Para 6718 for full details.

- d. **Sea Service.** A minimum period of sea service is required as a pre-selection requisite for promotion to PO and is to be recorded on JPA. Para 6905 defines criteria for award of sea service.
- e. **AB-LH CBRNDC TB.** It is recognised that not all specialisations, branches trades mandate the need to complete a CBRNDC TB. If an individual falls into this category the TB must be completed on joining their first sea going unit.

8212. Education For Promotion

A Leading Hand must be educationally qualified to Level 1 Functional Skills and a Petty Officer to Level 2 Functional Skills in English and Mathematics or a suitable equivalent for either or both of these qualifications. See Chapter 96 for further information.

8213. Adventurous Training Leader

- a. Adventurous Training Leaders (ATL) are a sub-cadre of the PT Specialisation. Personnel who wish to pursue a career as an ATL must first complete LPTQC and attain OPS as a LPT.
- b. To specialise as an ATL, an individual is required to be recommended by their DO.
- c. Further information and contact details about ATL training may be found in BR 51(1) Chapter 2.

8214. Exercise Rehabilitation Instructors

- a. Exercise Rehabilitation Instructors (ERI) are a sub cadre of the PT Specialisation. Personnel who wish to pursue a career as an ERI must first complete LPTQC and attain OPS as an LPT.
- b. To specialise as an Exercise Rehabilitation Instructor (ERI), an individual is required to be recommended by their DO, Regional Trade Specialist Adviser and trade Specialist Adviser.
- c. Further information and contact details about ERI training can be found in BR 51(1) Chapter 2.

ANNEX 82A

PHYSICAL TRAINING SPECIALISATION – PROMOTION FLOWCHART

- a. Completed LRLC and recorded on JPA under competence 'Miscellaneous|Leading Rates Leadership Course (RNLA 102)|Navy|'.
- b. Passed LPTQC for Leading Physical Trainer. Recorded as JPA competence 'Physical Education|L(PT) Career (RNSPT 103)|Navy|'.
- c. In date RNFT or waiver obtained on advancement.
- d. At least 6 months since last Career Check (if any) on advancement.
- e. Once rating is eligible for substantive promotion, units are to send a PAR Signal to the Ratings Promotion Section, info Career Manager.
- f. Educationally qualified for promotion (EFP) in accordance with Para 9636. Achieved minimum NAMET 5:5 or Level 1 FS (or equivalent) in English and Mathematics and appropriate competences recorded on JPA.

Rated LEADING PHYSICAL TRAINER
--

Petty Officer – Pre-Selection Requirements

- a. Completed LH WTTB. Achieved OPS; to be recorded under 'Professional|OPS for LH PT|Navy|' (Para 8211 [sub para b](#)).
- b. Serving on ES2/FC/OE1 or ES3/EC/2OE that expires after the CPD. (Para 6703 b sub para 7).
- c. Recommended for promotion on Appraisal Report at CRD.

Petty Officer – Pre-Promotion Requirements

- d. Passed POPTQC for POPT by nominated CPD+12 months. Recorded as JPA competence 'Physical Education|PO(PT) Career (RNSPT 102)|Navy|'.
- e. Completed SRLC and recorded as JPA competence 'Miscellaneous|Senior Rates Leadership Course (RNLA 103)|Navy|'.
- f. In date RNFT or waiver obtained; recorded as JPA competence 'CMS|Fitness Test|Navy|'. (Para 8211 [sub para c](#)).
- g. At least 6 months since last Career Check (if any) on CPD or date due promotion (if later).
- h. In date Annual OPS Check recorded as JPA competence 'CMS|Annual OPS Check LH|Navy|' (Para 8211 [sub para b](#)).
- i. EFP in accordance with Para 9636. Achieved minimum Level 2 FS (or equivalent) in English and Mathematics and appropriate competences recorded on JPA.

Promoted to
PETTY OFFICER PHYSICAL TRAINER

Chief Petty Officer – Pre-Selection Requirements

- a. Minimum of 3 years' seniority as a POPT 12 months prior to the CPD. (Para 6703 b sub para (3)).
- b. Serving on ES2/FC/OE1 or ES3/EC/2OE that expires after the nominated CPD.
- c. Recommended for promotion on Appraisal Report at CRD.

Chief Petty Officer – Pre-Promotion Requirements

- d. Passed CPOPTQC for CPOPT by nominated CPD + 12 months. Recorded as JPA competence 'Physical Education| CPO(PT) Career (RNSPT 101)| Navy|
- e. In date RNFT or waiver obtained; recorded as JPA competence 'CMS|Fitness Test|Navy|'. ([Para 8210](#)).
- f. At least 6 months since last Career Check (if any) on CPD or date due promotion (if later).

Promoted to
CHIEF PETTY OFFICER PHYSICAL TRAINER

Warrant Officer 1 - Pre-Selection Requirements

- a. Minimum of 3 years' seniority as a CPOPT 12 months prior to the CPD.
- b. EFP in accordance with Para 9636. Must have achieved minimum Level 2 FS (or equivalent) in English and Mathematics and the appropriate competences recorded on JPA.
- c. Serving on ES2/FC/OE1 or ES3/EC/2OE that expires after the nominated CPD.
- d. Recommended for promotion on Appraisal Report at CRD.

Warrant Officer 1 – Pre-Promotion Requirements

- e. In date RNFT or waiver obtained; recorded as JPA competence 'CMS|Fitness Test|Navy|'. ([Para 8210](#)).
- f. At least 6 months since last Career Check (if any) on nominated CPD or date due promotion (if later).
- g. Satisfy terms of Assignment Order issued by Promotion Authority.

Promoted to
WARRANT OFFICER 1 PHYSICAL TRAINER