

## BTEC Level 3 Public Services

Emergency Services	Armed Forces
Devon & Cornwall Police	The Royal Navy
South West Ambulance Service	The Royal Marines
Devon & Somerset Fire Service	The Royal Air Force
	The British Army

### Research Task

Choose two Emergency Services and two Armed Forces. You must now carry out research on your four Public Services.

**What is the role of each public service you have chosen?**

**What are the entry requirements?**

**What is the application process?**

**Where does basic training take place?**

**How long is basic training?**

**On completion of training, what can you expect to be paid?**

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### Practical Elements

The Public Services have pre joining fitness tests which you must pass to progress with your public service application. The reason for these tests is to ensure that you are robust enough to take on the rigours of basic training. The following fitness tests are just some examples set by the public services.

Your practical element requires you to carry out your own personal fitness tests. You must ensure that you warm up and stretch prior to your fitness tests. Apart from the 2.4K (1.5M) run, each test should last 2 minutes. You do not have to complete all the tests in one day. Once you have completed your fitness tests carry out the same tests exactly one month later to see if you have made any improvements.

EXERCISE	DATE	HOW MANY	REMARKS
PUSH UP			
SIT UPS			
BURPEES			
2.4K RUN			

Now you have completed the four fitness tests. You could design a 4 week fitness programme that could help you make improvements on your fitness test results.

<https://www.youtube.com/watch?v=f9tb-NR8BoE>

**Battle Scars: A Story of War and All That Follows – Jason Fox**

**Bravo Two Zero. The True Story of an SAS Patrol Behind Enemy Lines in Iraq**