



BMI

BMI (body mass index) is a measure of whether you're a healthy weight for your height

To join the Army (over 18) you will need a BMI between 18-28 and for those under the age of 18 it's between 28-30.

Body mass index is a simple calculation using a person's height and weight. The formula is $BMI = \frac{kg}{m^2}$ where kg is a person's weight in kilograms and m2 is their height in metres squared

Eg

My height is 181cm (1.81m)
 $1.81 \times 1.81 = 3.2$

My weight is 90kg

I now complete the following sum.

Weight (90kg) divided by Height squared (3.2) = BMI 28

(YOU DO NOT NEED TO POST YOUR BMI RESULT)

Post your results on our Facebook:
 Hopwood Hall UPS New Starters

Good luck

Success is closer than you think



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Hopwood Hall College

Uniformed Public Services

Pre-Enrolment



www.hopwood.ac.uk



Our Vision:
Bringing out
the best in you!

Our Values



Preparing for College: A message from the Principal:

Thank you for applying to study at Hopwood Hall College. We look forward to welcoming you soon. We want to help make sure that you are as well prepared as possible so that you feel at home here from day one.

We understand that the transition from school to college can be daunting but there's no need to worry! We have plenty of pre-enrolment activities which will help to prepare you and make your transition as smooth as possible.

Before you join the College in September, we want you to begin to develop your skills. We have brought together some subject-specific information, signposting to helpful reading and relevant websites and some activities for you to complete.

Don't worry if you get stuck on anything, just try to complete as much as you can. In the meantime, if you have any questions, please contact our Student and College Services Team on 0161 643 7560 who will be happy to help.

I look forward to welcoming you to your college very soon.

Julia Heap
Principal and Chief Executive



Uniformed Public Services

My Name is Staff Greenwood and I'm the programme manager for the Uniformed Public Services department. I hope you're looking forward to joining our department in the next academic year and pushing yourself inside and outside the classroom. To familiarise yourself with the types of activities that you'll be doing on your new course we have put this booklet together. Have a look through some of the tasks and attempt some of the challenges.

To stay up to date with activities, challenges and everything related to our fantastic department please search on Facebook for: "Hopwood Hall UPS New Starters"

UPS - Fitness for the services

During the run up to starting the Uniformed Public Services course, we would like you to get a head start by researching different FITNESS ENTRY REQUIREMENTS for your public services you are interested in.

In addition, we have put together some fitness challenges that encompass some of the main components of fitness that we work on here at Hopwood Hall College, but also what the public services are looking for.

Part 1 - British Army and RAF home workout series

The links opposite have some good ideas and home workout sessions that can be completed without any equipment.

Over the weeks leading up to September, it would be extremely advantageous to complete 2-3 of these home workouts in preparation to you starting the course in September 2020.

Even though some of you will be interested in the emergency services, the following workouts will help with this as well.

Video some of your workouts and post them on our Facebook page.

British Army - Full body circuit
www.youtube.com/watch?v=ZTU1heefJBg

British Army - Tabata
www.youtube.com/watch?v=xem9SdZ3qHU

RAF - Muscular endurance circuit
www.youtube.com/watch?v=MjyjDkuJ554

RAF - Chipper circuit
www.youtube.com/watch?v=Tw4XRt5_uMM

RAF - Hill running
www.youtube.com/watch?v=L2wgSZ3HMIQ



Part 2 - Fitness Challenges

The below fitness challenges are a small handful that we complete at Hopwood Hall College. They play a big part in most fitness entry requirements in the services.

For some friendly competition - post your results on our Facebook page.

2000m (2km) run

Use Map My Run (or other tracking app) on your phone. Download the Map My Run app to track your run. Fastest time possible.

2km run (1.2 mile) takes place after an 800m (0.5 mile) warm up

(lowest adult soldier entry standard is no less than 11.15 minutes).

2-minute press ups

As many press ups as possible in 2 minutes. Please watch the video for instructions. Females may keep knees on the floor.

2-minute sit ups

As many sit ups as possible in 2 minutes. Please watch video for instructions. You may put weight over your feet or get someone to stand on them while you complete the exercise.

www.youtube.com/watch?v=qLGrDbA7v_o

- Press up and sits ups demo