

James Profitt

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Profile

I am a highly enthusiastic and motivated **Training Instructor** with over 24 years experience working with the British Armed Forces in the UK and abroad. I have worked as an accomplished operator in fields as a training instructor and leader in team situations and individual tasks. I am a skilled communicator who can work under pressure in any given situation.

Since leaving the army I have gone on to build two successful fitness companies and share a life of experience as a coach through new roles as a Personal Trainer, Motivational Speaker and Team Building expert.

Skills & Experience

- Instructed at The Army Training Regiment Glencorse as a Section Commander and Training Instructor working with new recruits in personnel soldiering skills & transforming them from a civilian to a trained Infantry recruit.
- Instructed at The Royal Military Academy Sandhurst training young officer cadets in physical & personnel development using wider key skills.
- During the time spent as a training Instructor gaining experience as a middle management in two Operation Regiments within the British Army, also gaining the most experience as the Senior Instructor in the Leadership & Initiative Department, Foundation College Harrogate.
- Instructed at The Army Foundation College Harrogate, with the responsibility for the training and welfare of around 1344 Junior Soldiers over a 42-weeks programme over five different training packages including their bronze Duke of Edinburgh Awards .
- The role as the Senior Instructor within the Leadership & Initiative Training Wing at the college, was to train and educate the Junior Soldier and Permanent Staff within the college, the main tools, used are, adventurous training and wider key skills.
- To train and access, members of staff in Health and Safety which included First Aid and Manual Handling Training.
- On a daily basis with the responsibility for managing and supervising 2 syndicate leaders and 8 Military Instructor with daily brief and allocate workloads to all members of staff this includes liaise with 4 Civilian Instructor manage 6 ETS Officers.
- Other responsibilities are for the duty of care to ensure that all aspects of training and working are kept up to date and that teaching standards are met by on and off site validations.
- To provide advice and guidance while overseeing personal development of all members of staff, whilst also being responsible for the administration, welfare and discipline of all gym staff.
- To provide statistical data for validation purposes; draft and collate staff reports and validate all training practices carried out by gym staff. I am also responsible for ensuring that all Health and Safety policies are adhered to and that best practice is implemented.

Career Summary

2015-present

Jimmy Profitt | Personal Trainer, Motivational Speaker and Team Building Expert

2012-present

MD Military 1st Fitness | Outdoor training company

MD Performax Fitness | Gym company

1988-2012

Joined the Army 04 February 1988 served 10 years in the 1st Bn Green Howards, Transfer to the Royal Army Physical Training Corps (RAPTC), in August 2001. Served at the RMA Sandhurst, 01-03. 1Bn REME Osnabruck, 03-05. JSATI Llanwusrt, 05-06. AFC L&IT Wing Harrogate, 06-08. 5th Regt RA 08-12.

Key Achievements

- Selected to box for the British Army.
- Selected to Play Rugby League for the Infantry.
- Selected to transfer to the RAPTC.
- Reviewed and rewrote the full risk assessment files for the Leadership & Initiative Training Wing Harrogate.
- Taking the 5th RA Regimental Boxing team to two successful Championships, with two boxers being selected to box for the British Army.

Education History

Brekenhoe Secondary School 1982-87

Manchester Metropolitan University 2001-02

Education & Vocational Qualification

Certificate of Higher Education in Sports Science	Certificate in PTLLS Level 3 (QCF)
Certificate in NVQ A1 Assess Level 3	ASA Level 2 Teaching in Aquatics
First Aid at Work Instr/ Assessors Certificate	Sub-Unit Coach
Defibrillation Instructor Course	H.S.E 3-Day First Aid at Work Certificate
NEBS Management Certificate in Management	S.E.Q.M Manual Handling & Train The Trainer
Numeracy Stage 2	Communication Skills Stage 2
Education for Promotion SNCO	All Arms Unit Fire NCO Course
Register of Exercise Professionals UK (L3 Adv Instr)	Army Physical Training Instructor Class 1
Amateur Boxing Association Assistant Coach	Amateur Boxing Association Grade 3 Referee
Athletics Assistant Club Coach	Athletics Track & Field Referee, Starter & Judge
Football Association Football Leader	National Coaching Foundation Key Skills L3
England Basketball Association Grade 3 Referee	England Basketball Association Preliminary Coach
The Duke of Edinburgh's Intro to Award Expeditions	High & Low Ropes Course Instr (site specific AFC)
Powerbag Instructor	Group Cycling Instructor (indoor)
Health Trainer 7 Modules	Body Management

Adventurous Training Instructor Qualification

JSRCI (SPA Trg)	JS Adv ML (S) (ML Trg)
JS L2 CI (Inland)	JS L3 Trg (Open Boat)
MBTL	ADPT

IT Qualification

MS Windows 98	MS Powerpoint 97
Information Matters E-Assessment	

Personal

D.O.B 10 August 1971

My health is always in excellent condition, and I hold a full UK driving licence, with B, BE, C, CE, C1E, D1 and D1E.

Hobbies & Interests

Enjoys boxing coaching, football, climbing and kayaking are to name but a few. Also very keen on a number of other interests, which include gymnastics & trampolining, mountain biking, skiing and fitness training.