



Tameside College

Policing and Public Services
Applicant Study Pack

Description of course

Welcome to your Policing or Uniformed Public Services Course. As part of your course preparation, you are required to undertake a series of activities and tasks. These activities and tasks are designed to help you get an understanding of the course content and the pre-entry requirements for the Police and your chosen career in the Uniformed Public Services as well as allowing you to show case your talents.

Course Aim

Both courses have 5 primary aims:

1. To help students prepare for a career in the Police or a Uniformed Public Services of their choice.
2. To allow students to explore the different career options in the Police or Uniformed Public Service that are available to them.
3. To develop the employability skills of our students on the programme.
4. To deliver recognized qualifications.
5. To help students prepare for progress onto the next higher level of study.

All the above aims are delivered through a programme that simulates the conditions, workings environments and practices of the Police and all Uniformed Public Services. This is delivered through a comprehensive and varied programme of theory, practical and fitness-based sessions, as well as independent study and external trips and visits to the Police and all the public services.

Task One

Police/Uniformed Public Service Entry Requirements

It is important that you fully understand how to apply and successfully pass the various stages from initial enquiry to enlistment into the Police or your chosen Uniformed Public Service.

You should review the relevant Police and Uniformed Public Service website for your chosen career and complete the table below:

Chosen Career _____

Stages	Requirements	Your Plan

Relevant websites:

Police Officer <https://nationalcareers.service.gov.uk/job-profiles/police-officer>

British Army <https://www.army.mod.uk/>

Fire service www.fireservice.co.uk

HM Prison service www.hmprisonservice.gov.uk

HM Revenue and Customs www.hmrc.gov.uk

Police Service Information (Home Office) www.homeoffice.gov.uk/police

Royal Air Force <https://www.raf.mod.uk/>

Royal Navy/Royal Marines <https://www.royalnavy.mod.uk/our-organisation/the-fighting-arms/royal-marines>

NHS <https://www.healthcareers.nhs.uk/>

Task Two

Fitness Preparation and Diary

Having now looked at the fitness requirements for your chosen career you are to design a weekly fitness plan and keep a diary. You can use the table below to record your results or create a diary of your own, remember to include 2 rest days:

Pre training results Date Taken _____

Test Name	Measurement of:	Results
2km run	Aerobic Endurance	Time:
Sit ups – 1 minute	Flexibility	Amount:
Press Ups – 1 minute	Muscular Strength	Amount:

Week One

Day/Date		Activity	Results
Monday	Warm Up		Duration times
	Main Activity		
	Cool Down		
Tuesday	Warm Up		Duration times
	Main Activity		
	Cool Down		
Wednesday	Warm Up		Duration times
	Main Activity		
	Cool Down		

Thursday	Warm Up Main Activity Cool Down		Duration times
Friday	Warm Up Main Activity Cool Down		Duration times
Saturday	Warm Up Main Activity Cool Down		Duration times
Sunday	Warm Up Main Activity Cool Down		Duration times

Week Two

Day/Date		Activity	Results
Monday	Warm Up Main Activity Cool Down		Duration times
Tuesday	Warm Up Main Activity Cool Down		Duration times

Wednesday	Warm Up Main Activity Cool Down		Duration times
Thursday	Warm Up Main Activity Cool Down		Duration times
Friday	Warm Up Main Activity Cool Down		Duration times
Saturday	Warm Up Main Activity Cool Down		Duration times
Sunday	Warm Up Main Activity Cool Down		Duration times

Post 2 weeks training results Date Taken _____

Test Name	Measurement of:	Results
2km run	Aerobic Endurance	Time:
Sit ups – 1 minute	Flexibility	Amount:
Press Ups – 1 minute	Muscular Strength	Amount:

Fitness Apps

Runtastic

Mytraining

Runkeeper

Strava

Couchto5krunner

Task Three

Current Media Police/Uniformed Public Service Story.

You are to produce a 2-page case study on any media story regarding the Police or Uniformed Public Service.

You can research the internet, watch the news, read articles, or if a member of your family is in public services interview them.

You need to put together a short report which covers the roles and responsibilities of the Police or Uniformed Public Service of your choice, any problems they may have faced and what you think the 'PUBLIC PERCEPTION' might be.

You should also visit the Police and Uniformed Public Service websites as they are constantly giving out updates. Your report should include facts, figures and the sources of your information for example BBC News - <https://www.bbc.co.uk/news/uk>

Further Reading / Links

There are over a 1000 career options available for students to prepare for. The following websites are recommended for further study:

Police Officer <https://nationalcareers.service.gov.uk/job-profiles/police-officer>

British Army www.army.mod.uk

Fire service www.fireservice.co.uk

HM Prison service www.hmprisonservice.gov.uk

HM Revenue and Customs www.hmrc.gov.uk

Police Service Information (Home Office) www.homeoffice.gov.uk/police

Royal Air Force www.raf.mod.uk/rafhome.html

Royal Navy/Royal Marines www.royal-navy.mod.uk

NHS <https://www.healthcareers.nhs.uk/>

Students should start to look at the websites for career options and entry requirements prior to starting the course. Please note that the course is open to all students regardless of whether they meet the entry requirements or not. This advice is given so that students can make informed choices about what course of study will best lead to their chosen career path.

Films and Documentaries to watch

It is advised that you watch a selection of the following films and documentaries in preparation for lessons when you join college:

Films

Dunkirk (Netflix)

Green Zone (Netflix)

Line of Duty (Netflix)

The Andrew Neil interviews (BBC iPlayer)

Pandemic (Netflix)

TV

SAS: Who dares wins? (More 4)

999: On the front line (More 4)

The Secret Policeman (Mark Daly) - Panorama documentary (YouTube)

Border Force UK (You Tube)

The Force Greater Manchester (You Tube)

Question Time (BBC 1)

What next?

- Visit our website for further information – www.tameside.ac.uk
- Attend our New Students' Day.
- Make it official, join us for enrolment in August. Letters will be sent to all applicants at the end of July with more details.