

Welcome to Military and Protective Services

We are looking forward to you joining us in the autumn. You may have studied this subject already or this might be completely new to you. Whatever your starting point, we are ready to support you with your learning.

You will find a range of resources below to help you prepare for your course. Keep notes about what you have found out or learnt to support your coursework later.

Read

Books | Magazines | Newspapers

A key part of your studies at college will be around developing your leadership and teamwork skills, why not use some of your time to read about what makes a great leader, or download these titles as audiobooks and listen as you work out or walk the dog, who said multi-tasking was difficult...

Leaders Eat Last – Simon Sinek – Building your leadership skills.

Legacy – James Kerr – 15 lessons in leadership learnt from the All Blacks rugby team.

Can't Hurt Me – David Goggins – Mental toughness by an ex-US Navy Seal.

First Man In – Ant Middleton – Leading from the front

Fear Buddle – Ant Middleton – Harness fear and live without limits

Break Point – Ollie Otterton – Fear, Strength, Courage, Survival

How 2 Become – How2BecomeLtd – Search 'How2Become' and your chosen service. These books are excellent for physical and mental preparation to join a service.

Watch and Research

TV | Movies | You Tube

British Army: [British Army 60 Second Update](#)

Royal Navy: [Royal Navy 60 Second Update](#)

Police: [A Day in Policing Video](#)

Army <https://apply.army.mod.uk/>

RAF <https://www.raf.mod.uk/recruitment/find-your-role>

Royal Navy <https://www.royalnavy.mod.uk/>

Royal Marines <https://www.royalnavy.mod.uk/careers/royal-marines>

Devon and Cornwall and Dorset Police Forces <https://www.devon-cornwall.police.uk/your-right-to-information/our-people/recruitment/>

National College of Policing <https://recruit.college.police.uk/Pages/home.aspx>

National Crime Agency <https://www.nationalcrimeagency.gov.uk>

MOD Police <http://www.mod.police.uk/>

Civil Nuclear Constabulary <https://cnc.jobs/>

Border Force <https://nationalcareers.service.gov.uk/job-profiles/border-force-officer>

National Careers website <https://nationalcareers.service.gov.uk/>

Listen

Podcast | Radio | Audible

Whilst you're doing the right thing and staying safe at home, have a listen to these podcasts to inspire your adventures once lockdown is lifted:

[Jason Fox's Wild Tales](#) – Jason Fox chats to explorers and adventures about their travels and experiences

[Food for Fitness](#) – Ideas on training methods and effective nutrition

Get Involved

Competitions | Social Media

*We'd love to see how you're getting ready for college, share your videos, pictures or thoughts with us! Use **#MaPSReady** in your post!*

Bicton Campus Learners: Facebook: @BictonCollegeMilitaryAcademy

Twitter: @MaPSAcademy or on Instagram: bicton.military.academy and use **#MaPSReady**

Duchy Campus Learners: Facebook: @DuchyCollegeMilitaryAcademy

Twitter: @MaPSDuchy or on Instagram: MAPSDuchy and use **#MaPSReady**

Camborne Campus Learners: Facebook: @CornwallCollegeCamMAPs Twitter:

@CornwallCollegeCamSport or on Instagram: @cornwall_college_cam_sport and use

#MaPSReady

Some ideas for competitions...

- 1min Maximum Press up/Sit Up and share or video your results!
- 5km Run – Download and log all your runs on the Strava App and share them with us!
- YouTube 'Bring Sally Up' Press Up Challenge!

Why not have a go at designing your own 6-week training plan and share your successes with us. Here's a quick example of designing a half-marathon plan, but you can use the same ideas to meet any goal you choose to set. [1/2 Marathon training plan](#)

Although you might be stuck at home, there's plenty you can be doing to make sure you arrive at college physically ready to hit the ground running, the British Army have put together a weekly programme that can easily be done at home to get you in shape over the next few weeks: [British Army Covid 19 Workout Plans](#)

Looking for some motivation to keep up your training? Listen to current serving Royal Marines on the importance of the PMRC: [PRMC Introduction](#)