



**Australian Government**

# **DEFCM004B Instruct a workplace physical training session in Defence**

**Release 2**

# DEFM004B Instruct a workplace physical training session in Defence

## Modification History

Release	TP Version	Comments
2	DEF12V2	Layout adjusted. No changes to content.
1	DEF12V1	Primary release.

## Unit Descriptor

This unit covers the competency required to instruct a basic physical training session for a group in the Australian Defence Force (ADF).

The person undertaking this work need not be a fitness or physical training specialist. Consequently, the physical training program and activities will be contained in pre-formatted session plans.

The unit includes the requirement to conduct a session based on a structured and defined unit physical training program and to lead a physical training session in accordance with safety risk management principles, approved methods of instruction and within the appropriate scope of practice.

## Application of the Unit

The application of this unit in the workplace - the environments, complexities and situations involved - will be written during Phase II of the Review of the PUA00 Public Safety Training Package.

This text will be useful for the purposes of job descriptions, recruitment advice or job analysis; where possible, it will not be too job specific to allow other industries to import it into other Training Packages, where feasible.

## Licensing/Regulatory Information

Not applicable.

## Pre-Requisites

Not applicable.

## Employability Skills Information

This unit contains employability skills.

### Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a Unit of Competency.

Performance Criteria describe the required performance needed to demonstrate achievement of the element. Where ***bold italicised*** text is used, further information is detailed in the Required Skills and Knowledge and/or the Range Statement. Assessment of performance is to be consistent with the Evidence Guide.

## Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
1. Prepare for a physical training session	<p>1.1 <i>Session plan</i> and <i>other planning information</i> is received from the unit physical training coordinator.</p> <p>1.2 Where necessary, unclear aspects of the planning information are clarified with the coordinator.</p> <p>1.3 Physical training aims and objectives of the group are confirmed against the allocated session plan.</p> <p>1.4 <i>Physical training session and activities</i> are rehearsed to ensure correct technique and method of delivery are followed.</p> <p>1.5 Clarification is sought from <i>appropriate persons</i> on points of doubt during the planning of the physical training session.</p> <p>1.6 <i>Session safety risk management plan</i> is reviewed and applied in the local area and environment.</p> <p>1.7 Current Defence injury prevention techniques are considered and applied to the session plan.</p> <p>1.8 <i>Potentially harmful practices</i>, as outlined in the session plan, are avoided.</p> <p>1.9 <i>Resources</i> are identified and organised to enable the physical training session to occur in accordance with the session plan.</p>
2. Conduct a basic physical training session	<p>2.1 Dress and presentation are appropriate for the conduct of the planned physical training session.</p> <p>2.2 <i>Pre-class instructions</i> are delivered to ensure the group is informed and prepared to commence the session.</p> <p>2.3 Warm-up instruction is delivered to ensure participants are physically and mentally prepared for the session.</p> <p>2.4 Session is conducted to achieve a physical training outcome as detailed in the session plan.</p> <p>2.5 <i>Appropriate methods of instruction</i> are applied in the session to impart the greatest benefit to the participants.</p> <p>2.6 Methods to ensure correct technique for safety and efficiency are implemented and monitored.</p> <p>2.7 <i>Common technical errors</i> are adjusted and corrected and the <i>correct technique</i> is demonstrated.</p> <p>2.8 Cool-down instruction is delivered to bring the participants back to a resting state.</p>

### ***2.9 Own performance is reviewed.***

### **3. Motivate participants**

- 3.1 ***Appropriate motivational techniques*** are applied to achieve the desired physical effort and exercise intensity.
- 3.2 Constructive and positive feedback is provided to participants in order to guide and recognise performance.
- 3.3 Those in the class with poor coordination are accommodated and less skilled performers are assisted.
- 3.4 ***Participants' exercise intensity is monitored*** and adjusted as required.

## **Required Skills and Knowledge**

This describes the essential skills and knowledge and their level, required for this unit.

### **Required Skills**

- move in a controlled and efficient manner while participating in a variety of exercise

### **Required Knowledge**

- Defence Injury Prevention Program
- equity and diversity
- factors of human performance
- legislation and common law pertinent to duty of care
- work health and safety (WHS)
- organisational policies and procedures pertinent to Defence sport and physical training
- methods of instruction and principles of instruction
- risk management
- theory of physical training

## Evidence Guide

### **Critical aspects for assessment and evidence required to demonstrate competency in this unit**

Assessment must confirm the ability to provide safe physical instruction to Defence personnel at all times.

### **Consistency in performance**

Competency should be demonstrated over a number of classes to ensure consistency of performance.

### **Context of and specific resources for assessment**

#### **Context of assessment**

Competency should be assessed in the workplace or in a simulated workplace environment.

#### **Specific resources for assessment**

Access to an appropriate facility and relevant equipment.

## Range Statement

The Range Statement relates to the Unit of Competency as a whole. It allows for different work environments and situations that may affect performance. ***Bold italicised*** wording in the Performance Criteria is detailed below.

<p><b>Session plan</b> may include:</p>	<ul style="list-style-type: none"> <li>• resource requirements</li> <li>• safety risk management plan</li> <li>• session objectives</li> <li>• session phases</li> <li>• specified activities</li> <li>• stage of training</li> <li>• suggested number of participants</li> <li>• time allocation</li> <li>• training venue</li> </ul>
<p><b>Other planning information</b> may include:</p>	<ul style="list-style-type: none"> <li>• location/training area</li> <li>• participant information</li> <li>• specific timings</li> </ul>
<p><b>Physical training session and activities</b> may include:</p>	<ul style="list-style-type: none"> <li>• agility sessions and activities:             <ul style="list-style-type: none"> <li>• balancing</li> <li>• crawling</li> <li>• cutting</li> <li>• jumping</li> <li>• landing</li> <li>• low foot assisted gate vault</li> <li>• pivoting</li> <li>• rolling (forward, shoulder, log rolls)</li> <li>• swinging</li> <li>• turning</li> </ul> </li> <li>• endurance sessions and activities:             <ul style="list-style-type: none"> <li>• basic circuit (incorporating agility and strength components)</li> <li>• relays</li> <li>• interval training</li> <li>• run &lt;3 km (sand shoes only/no load carriage)</li> <li>• walking (no load carriage)</li> </ul> </li> <li>• minor team games sessions:             <ul style="list-style-type: none"> <li>• continuous cricket</li> <li>• irish cricket</li> <li>• skittle ball</li> <li>• softball</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• team passing</li> <li>• volleyball</li> <li>• strength sessions and activities: <ul style="list-style-type: none"> <li>• arm curl (torsion bar)</li> <li>• dips</li> <li>• heaves</li> <li>• overhead press (torsion bar)push-ups</li> <li>• rope climbing</li> <li>• rifle exercises</li> <li>• sit-ups</li> <li>• squats</li> </ul> </li> </ul>
<b>Appropriate persons</b> may include:	<ul style="list-style-type: none"> <li>• combat fitness leader</li> <li>• physical training instructor</li> </ul>
<b>Session safety risk management plan</b> may include:	<ul style="list-style-type: none"> <li>• analysis of the activity format and content</li> <li>• analysis of the identified risks in order to establish a risk level</li> <li>• assessment and prioritisation of risks and identification of risk treatment strategies</li> <li>• consideration of previously identified and proven injury prevention strategies during activity planning</li> <li>• identification of injury risks in the planned activity</li> <li>• reviewing the effectiveness of risk treatment strategies during and after the activity</li> <li>• treatment or controlling of identified risks</li> </ul>
<b>Potentially harmful practices</b> may include:	<ul style="list-style-type: none"> <li>• ballistic movements</li> <li>• deep knee bends</li> <li>• exercising while sick or injured</li> <li>• exercising in extremes of temperature</li> <li>• multiple repetitions</li> <li>• pounding on the spot</li> <li>• spinal hyperextension</li> <li>• straight leg sit-ups</li> </ul>
<b>Resources</b> may include:	<ul style="list-style-type: none"> <li>• cricket bats</li> <li>• footballs</li> <li>• free weights</li> <li>• service rifles</li> <li>• softballs</li> <li>• torsion bars</li> </ul>
<b>Pre-class instructions</b> may include:	<ul style="list-style-type: none"> <li>• appropriate and safe footwear and clothing</li> <li>• correct breathing</li> </ul>



	<ul style="list-style-type: none"> <li>• correct exercise techniques</li> <li>• outline of the session</li> <li>• pain/discomfort</li> <li>• personal introduction</li> <li>• rest periods</li> <li>• welcome</li> </ul>
<b>Appropriate methods of instruction</b> may include:	<ul style="list-style-type: none"> <li>• appropriate positioning</li> <li>• avoidance of competing against the class</li> <li>• body language</li> <li>• demonstration of performance: <ul style="list-style-type: none"> <li>• explain, demonstrate, imitate</li> <li>• explain, demonstrate, practice</li> <li>• demonstrate, explain, practice</li> </ul> </li> <li>• establishing rapport</li> <li>• mannerisms</li> <li>• monitoring and encouraging class response</li> <li>• personality</li> <li>• rehearsal</li> <li>• session organisation</li> <li>• verbal communication: <ul style="list-style-type: none"> <li>• encouragement</li> <li>• voice clarity</li> <li>• pitch</li> <li>• modulation</li> </ul> </li> <li>• visual and verbal cueing with variety</li> <li>• visual previewing</li> </ul>
<b>Correct technique</b> may include:	<ul style="list-style-type: none"> <li>• large well defined movements</li> <li>• working within limits</li> </ul>
<b>Common technical errors</b> may include:	<ul style="list-style-type: none"> <li>• arms too high or low</li> <li>• lower back hyper extended</li> <li>• knees over feet</li> <li>• shoulders rounded</li> <li>• stretching rounded back</li> </ul>
<b>Reviewing own performance</b> may include:	<ul style="list-style-type: none"> <li>• appropriate intensity applied</li> <li>• class format and control</li> <li>• instructional techniques</li> <li>• participant exercise technique monitored</li> <li>• participant motivation achieved</li> </ul>
<b>Appropriate motivational techniques</b> may include:	<ul style="list-style-type: none"> <li>• competition</li> <li>• endeavour</li> </ul>

	<ul style="list-style-type: none"> <li>• enthusiasm</li> <li>• individual effort</li> <li>• mental toughness</li> <li>• realism</li> <li>• sense of achievement</li> <li>• team work</li> <li>• the will to win</li> <li>• variety</li> </ul>
<p><b>Participants' exercise intensity is monitored</b> may include:</p>	<ul style="list-style-type: none"> <li>• heart rate response</li> <li>• form and fatigue</li> <li>• motivation and enthusiasm suitable to the class format</li> <li>• perceived rate of exertion</li> </ul>

### Unit Sector(s)

Not applicable.

### Corequisite Unit/s

Not applicable.