



Australian Government

PUASS00008 Combat Fitness Leader

Release: 1

PUASS00008 Combat Fitness Leader

Modification History

Not applicable.

Description

Not applicable.

Pathways Information

Pathway	These units are stand alone and do not provide credit towards a specific qualification. However, these units do contribute to a variety of qualifications in the SRF04 Fitness Industry Training Package.
----------------	--

Licensing/Regulatory Information

Not applicable.

Skill Set Requirements

Units	PUADEFCM004B	Instruct a workplace physical training session in Defence
	PUADEFPT001A	Conduct a group fitness appraisal within Defence
	PUADEFPT002A	Develop a group fitness program within Defence
	PUADEFPT003A	Conduct individual fitness assessments within Defence
	SRFFIT005B	Apply basic exercise science to exercise instruction
	SRSSPT005A	Conduct basic warm-up, stretching and cool-down programs

Units	PUADEF0004B	Instruct a workplace physical training session in Defence
	SRXGRO001A	Facilitate a group

Target Group

Target Group	<p>The combat fitness leader is a member of the Australian Defence Force (ADF) who provides basic organic fitness training support to small groups or organisations in an operational setting.</p> <p>This function is performed in addition to their primary trade or employment, under indirect supervision from a physical training specialist.</p>
---------------------	--

Suggested words for Statement of Attainment

Suggested words for Statement of Attainment	These competencies meet the industry requirements for providing basic fitness training to small groups in a Defence operational setting.
Note	<p>SRF unit has been imported from the SRF04 Fitness Industry Training Package.</p> <p>SRS and SRX units have been imported from the SRS03 Outdoor Recreation Training Package.</p>
Disclaimer	Readers should ensure that they have also read the part of the Training Package that outlines licensing and regulatory requirements.