



Australian Government

DEFFIT001 Conduct a group fitness appraisal

Release: 1

DEFFIT001 Conduct a group fitness appraisal

Modification History

Release	Comments
1	This unit was released in DEF Defence Training Package release 1.0 and meets the Standards for Training Packages. This unit supersedes and is equivalent to DEFPT001A Conduct a group fitness appraisal within Defence. • Unit code updated • Content and formatting updated to comply with new standards • All PC transitioned from passive to active voice • Unit title changed to better reflect unit outcomes

Application

This unit describes the skills required to conduct a fitness appraisal and screening for small groups or organisations (up to 30 people) within Defence, to determine the current fitness state, goals and limitations against the organisation's fitness requirements, and to record and communicate the results. Fitness appraisal informs the development of a fitness program.

This unit was developed for physical trainers or combat fitness leaders of the ADF who provide basic organic fitness training support to small groups or organisations in an operational setting, but may be relevant to others who work in this field. This function may be performed in addition to their primary trade or employment over a range of familiar and predictable contexts.

The skills and knowledge described in this unit must be applied within the legislative, regulatory and policy environment in which they are carried out. Organisational policies and procedures must be consulted and adhered to.

Those undertaking this unit require clearance by a supervising fitness instructor, however, they will work autonomously, while performing routine tasks in a familiar context.

No licensing, legislative or certification requirements apply to unit at the time of publication.

Competency Field

Physical Training

Elements and Performance Criteria

ELEMENTS	PERFORMANCE CRITERIA
Elements describe the essential outcomes	Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the range of conditions section.
1. Determine fitness goals and current physical activity patterns or limitations of a group	1.1 Determine group fitness goals via liaison with group leaders and through understanding of the group's specific role within the organisation. 1.2 Screen the group to identify the presence of injury or any health condition that poses a risk to the member participating in a fitness program. 1.3 Conduct further screening on any member of the group requiring an assessment by a health care practitioner to establish their suitability to participate in a fitness program.
2. Conduct a basic fitness appraisal	2.1 Choose a fitness appraisal method by considering the group fitness goals and current perceived fitness state. 2.2 Conduct basic fitness appraisals of the group. 2.3 Record and compare fitness appraisal results to the desired fitness goals of the group to inform the development of the fitness program. 2.4 Explain the results of the fitness appraisal to the group, including the potential impact on fitness program development. 2.5 Identify the group's health and fitness status, including recommendations from health professionals, to inform the development of the fitness program.

Foundation Skills

The foundation skills demands of this unit have been mapped for alignment with the Australian Core Skills Framework (ACSF). The following tables outline the performance levels indicated for successful attainment of the unit.

ACSF levels indicative of performance:

1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Learning					Reading					Writing					Oral communication					Numeracy N/A				
Performance variables																								
1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Support					Context					Text complexity					Task complexity									

Further information on ACSF and the foundation skills underpinning this unit can be found in the Foundation Skills Guide on the GSA website.

Unit Mapping Information

This unit supersedes and is equivalent to DEFPT001A Conduct a group fitness appraisal within Defence.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=6bdbab1e-11ed-4bc9-9cba-9e1a55d4e4a9>

Companion Volume implementation guides are found in VETNet -

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