



Australian Government

DEFFIT002 Develop a group fitness program

Release: 1

DEFFIT002 Develop a group fitness program

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 DEFPT002A Develop a group fitness program 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 develop and monitor the effectiveness of a basic group fitness program within Defence. It also establishes the scope and limitations of the program that achieves the determined group or organisational fitness requirements.

This unit was developed for those working as physical trainers or combat fitness leaders providing basic 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.

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 independently, while performing routine tasks in a range of familiar and predictable contexts.

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. Establish scope and limitations of a fitness program	1.1 Review information gathered during fitness screening and appraisal for development. 1.2 Consider physical and health limitations of the group and individual in scoping the fitness program. 1.3 Identify resource limitations for implementing the fitness program. 1.4 Assess principles of program development against the group's fitness appraisal results. 1.5 Identify the scope of the fitness program.
2. Develop a basic fitness program	2.1 Identify specific fitness components required to achieve the aims of the program. 2.2 Identify a range of activities to target specific fitness components within the program. 2.3 Identify methods of motivating participants to maximise fitness program adherence. 2.4 Develop fitness programs, incorporating identified fitness components and associated range of activities. 2.5 Submit the fitness program to a supervising fitness instructor for advice and further development where necessary.
3. Monitor effectiveness of a fitness program	3.1 Implement methods of measuring a group's adherence to the program. 3.2 Obtain feedback from the group on their own personal progress and their degree of satisfaction with the fitness program. 3.3 Conduct periodic fitness appraisals to monitor a group's fitness development. 3.4 Adjust group's fitness program to continuously improve adherence, development and satisfaction with the program. 3.5 Submit revised fitness program to a supervising fitness instructor for approval where necessary.

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
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 DEFPT002A Develop a group fitness program within Defence.

Links

Companion Volume implementation guides are found in VETNet -

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

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