



Australian Government

**Assessment Requirements for DEFFIT004
Instruct a workplace physical training
session**

Release: 1

Assessment Requirements for DEFFIT004 Instruct a workplace physical training session

Modification History

Release	Comments
1	<p>These Assessment Requirements were released in DEF Defence Training Package release 1.0 and meet the Standards for Training Packages.</p> <ul style="list-style-type: none">• Assessment Requirements created drawing upon specified assessment information from superseded unit

Performance Evidence

Evidence required to demonstrate competence must satisfy all of the requirements of the elements and performance criteria. If not otherwise specified the candidate must demonstrate evidence of performance of the following on at least one occasion.

- moving in a controlled and efficient manner while participating in a variety of exercise
- motivating by voice, by example
- using hand gestures
- adopting the correct position for observation and instruction
- applying a session plan
- demonstrating exercise

Knowledge Evidence

Evidence required to demonstrate competence must satisfy all of the requirements of the elements and performance criteria. If not otherwise specified the depth of knowledge demonstrated must be appropriate to the job context of the candidate.

- methods of instruction and principles of instruction
- theory of physical training session plan
- communication techniques
- First Aid

Assessment Conditions

Competency should be assessed in an actual workplace or in a simulated environment, with access to equipment and infrastructure appropriate to the outcome. Competency should be demonstrated over time to ensure the candidate is assessed across a variety of situations.

Assessors must satisfy the NVR/AQTF mandatory competency requirements for assessors.

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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