



**Australian Government**

**Assessment Requirements for DEFSUR005  
Maintain physical and emotional health and  
fitness in a survival environment**

**Release: 1**

# Assessment Requirements for DEFSUR005 Maintain physical and emotional health and fitness in a survival environment

## 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"><li>• Assessment Requirements created drawing upon specified assessment information from superseded unit</li></ul>

## 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.

- maintaining personal health and fitness by cleaning and treating minor injuries
- maintaining a positive attitude

## 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.

- factors impacting on stress and personal health and fitness
- fire safety
- health and hygiene
- natural remedies provided by plant material
- safety in a survival situation

## Assessment Conditions

Competency must be assessed in a simulated workplace environment (with access to a suitable assessment area), and in a team.

Consideration must be given to holistic assessment with other survival units.

While a person can demonstrate the ability to maintain physical and emotional health and fitness, doing so in a survival situation is crucial. Assessment under simulated survival conditions includes:

- food restrictions
- absence of normal living conditions and amenities
- significant period of time

Refer to advice in the companion volumes.

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>

Companion Volume implementation guides are found in VETNet -

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