



Australian Government

DEFSS00001 Combat fitness leader

Release: 2

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Modification History

Release	TP versions	Comments
2	DEF12 V2	Imported units updated.
1	DEF12 V1	First release.

Description

Not applicable.

Pathways Information

This skill sets is stand-alone and does not provide credit towards a specific qualification

Licensing/Regulatory Information

Not applicable.

Skill Set Requirements

DEFM004B	Instruct a workplace physical training session in Defence
DEFPT001A	Conduct a group fitness appraisal within Defence
DEFPT002A	Develop a group fitness program within Defence
DEFPT003A	Conduct individual fitness assessments within Defence
SRFFIT005B	Apply basic exercise science to exercise instruction
SISSPT303A	Conduct basic warm-up and cool-down programs
SRXGRO001A	Facilitate groups

Target Group

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.

This function is performed in addition to their primary trade or employment, under indirect supervision from a physical training specialist.

Suggested words for Statement of Attainment

This skill set meets industry requirements as specified in the DEF12 Defence Training Package for work in the area of providing basic fitness training to small groups in a Defence operational setting.

Note:

SIS unit has been imported from the SIS10 Sports Fitness and Recreation Training Package.

SRF unit has been imported from the SRF04 Fitness Training Package

SRX unit has been imported from the SRS03 Sport Industry Training Package.

Disclaimer:

Readers should ensure that they have also read the part of the Training Package that outlines licensing and regulatory requirements.