



Australian Government

DEFFIT003 Conduct individual fitness assessments

Release: 1

DEFFIT003 Conduct individual fitness assessments

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 DEFPT003A Conduct individual fitness assessments 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 • PC 1.3 and 3.4 removed • PC 3.1 and 3.5 wording revised

Application

This unit describes the skills required to plan, conduct and record fitness assessments of individuals within a small group or organisation. There will be a requirement to identify and explain the appropriate fitness assessment and the required standard, and provide feedback to the assessed person. This includes planning assessment resources and standards, and supervising the assessment.

This unit was developed for those working as physical trainers or combat fitness leaders who provide 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. Identify and explain the standard of fitness assessment	1.1 Confirm and explain the purpose of assessment and expectations of the assessor with participant/s being assessed. 1.2 Clarify the assessment procedure and associated policies with participant/s being assessed.
2. Plan fitness assessment	2.1 Identify time to conduct assessment in order to cover the assessment dimensions. 2.2 Identify any need to conduct additional assessment outside the time arranged. 2.3 Plan assessment to provide sufficient evidence of fitness. 2.4 Obtain and arrange resources specified. 2.5 Inform appropriate personnel of the assessment and provide them with details about uniform requirements.
3. Conduct fitness assessment	3.1 Conduct dress inspection. 3.2 Issue instructions to facilitate assessment to participant. 3.3 Gather evidence specified in the assessment policy. 3.4 Evaluate gathered evidence to make the assessment decision. 3.5 Seek guidance when in doubt from more experienced assessor/s. 3.6 Make an assessment decision.
4. Finalise fitness assessment	4.1 Record assessment results in accordance with the specified record-keeping requirements. 4.2 Advise participant being assessed of assessment results and of reassessment opportunities as required. 4.3 Deliver feedback on performance to participant/s being assessed. 4.4 Report positive and negative features experienced in conducting assessment to those responsible for the assessment procedure.

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 N/A					Reading					Writing					Oral communication					Numeracy				

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 DEFPT003A Conduct individual fitness assessments 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 -

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

Companion Volume implementation guides are found in VETNet -

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

Assessment Requirements for DEFFIT003 Conduct individual fitness assessments

Modification History

Release	Comments
1	These Assessment Requirements were released in DEF Defence Training Package release 1.0 and meet the Standards for Training Packages. • 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.

- conducting fitness assessment practices appropriate to the session type, current circumstance and group
- controlling exercise intensity and workload
- monitoring aspects of safety and injury prevention throughout the assessment

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.

- documentation processes relevant to fitness testing
- legal and ethical responsibilities
- organisational policies and procedures pertinent to fitness assessment
- roles of other fitness training providers and support services

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>

Companion Volume implementation guides are found in VETNet -

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