



Australian Government

DEFFIT004 Instruct a workplace physical training session

Release: 1

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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 DEFCM004B Instruct a workplace physical training session in 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 1.5 and 1.6; 1.7 and 1.8; 2.4 and 2.5 merged

Application

This unit describes the skills required to instruct a basic physical training session for small groups or organisations (up to 30 people) within Defence. These skills include the requirement to conduct a session based on a structured and defined unit physical training program and to lead a physical training session utilising approved methods of instruction.

This unit was developed for those working as physical trainers or combat fitness leaders of the ADF who provide basic organic 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. Prepare for a physical training session	1.1 Receive session plan and other planning information from the unit physical training coordinator. 1.2 Clarify unclear aspects of the planning information with the coordinator. 1.3 Confirm physical training aims and objectives of the group against the allocated session plan. 1.4 Rehearse physical training session and activities to ensure correct technique and method of delivery are followed. 1.5 Review session safety risk management plan and apply in the local area and environment and clarify points of doubt of the physical training session from appropriate persons. 1.6 Consider current Defence injury prevention techniques and apply to the session plan to avoid potentially harmful practices in the session plan. 1.7 Identify and organise resources to enable the physical training session to occur in accordance with the session plan.
2. Conduct a basic physical training session	2.1 Dress appropriately for the conduct of the planned physical training session. 2.2 Deliver pre-class instructions to ensure the group is informed and prepared to commence the session. 2.3 Deliver warm-up instruction to ensure participants are physically and mentally prepared for the session. 2.4 Conduct session to achieve a physical training outcome as detailed in the session plan using appropriate methods of instruction. 2.5 Apply and monitor correct technique/s for safety and efficiency during the session. 2.6 Demonstrate, adjust and correct common technical errors. 2.7 Deliver cool-down instruction to bring the participants back to a resting state. 2.8 Review own performance.
3. Motivate participants	3.1 Apply motivational techniques to achieve the desired physical effort and exercise intensity. 3.2 Provide constructive and positive feedback to participants in order to guide and recognise performance. 3.3 Assist and accommodate those in the class with poor coordination

	or are less skilled performers. 3.4 Monitor and adjust participants’ exercise intensity as required.
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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 N/A					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	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 DEFCM004B Instruct a workplace physical training session in 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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