



Australian Government

DEFSS00009 Physical Training Skill Set

Release 1

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Modification History

Release	Comments
1	This skill set was released in DEF Defence Training Package release 1.0 and meets the Standards for Training Packages. • DEF unit codes updated • SSSSPT303A and SRXGRO001A units removed

Description

This skill set applies to people who provide fitness training support.

This skill set provides a set of skills to combat fitness leaders who provide fitness training support to small groups or organisations in an operational setting. This function is performed in addition to their primary trade or employment over a range of familiar and predictable contexts.

Pathways Information

This skill set is stand alone and does not lead to a specific Defence qualification. The units it includes may provide credit towards a Sport, Fitness and Recreational Training Package qualification.

Licensing/Regulatory Information

No licensing, legislative or certification requirements apply to this skill set at the time of publication.

Skill Set Requirements

Units	
DEFFIT001	Conduct a group fitness appraisal
DEFFIT002	Develop a group fitness program
DEFFIT003	Conduct individual fitness assessments
DEFFIT004	Instruct a workplace physical training session

Target Group

This skill set applies to people who provide fitness training support.

Suggested words for Statement of Attainment

These competencies meet the industry standards for providing basic fitness training to small groups in an operational setting.