



Australian Government

Department of Education, Employment and Workplace Relations

PUADEFPT001A Conduct a group fitness appraisal within Defence

Revision Number: 1

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Modification History

Not applicable.

Unit Descriptor

Unit Descriptor

This unit covers the competency required to conduct a fitness appraisal for small groups or organisations (up to 30 people) within the Australian Defence Force (ADF).

This unit includes determining a group's current fitness state and motivation level, and an organisation's fitness requirements.

Fitness appraisal is used to inform the development of a fitness program, is conducted in accordance with specific guidelines and requires clearance by a supervising fitness instructor.

Application of the Unit

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The combat fitness leader is a member of the 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.

This function is limited to the performance of tasks in accordance with organisational policy and procedures.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Not applicable.

Employability Skills Information

Employability Skills This unit contains employability skills.

Pre-requisite Unit/s Nil

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a Unit of Competency.

Performance Criteria describe the required performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the Required Skills and Knowledge and/or the Range Statement. Assessment of performance is to be consistent with the Evidence Guide.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

1. **Determine the fitness goals and current physical activity patterns or limitations of a group**

- 1.1 Group ***fitness goals*** are determined via liaison with group leaders and understanding of the group's specific role within the organisation
- 1.2 Group is ***screened*** to identify the presence of injury or any health condition which poses a risk to the member participating in a ***fitness program***
- 1.3 Group is screened to identify any member of the group who requires further assessment by a ***health care practitioner*** to establish their suitability to participate in a fitness program

ELEMENT**PERFORMANCE CRITERIA****2. Conduct a basic fitness appraisal**

- 2.1 Valid and reliable fitness appraisal method is chosen considering the group fitness goals and current perceived fitness state
- 2.2 Basic fitness appraisals are conducted ensuring the safety of the group
- 2.3 Results of the fitness appraisal are recorded and compared to the desired fitness goals of the group to inform the development of the fitness program
- 2.4 Results of the fitness appraisal are explained to the group including the potential impact on fitness program development
- 2.5 Group's health and fitness status, including recommendations from health professionals, are identified to inform the development of the fitness program

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level, required for this unit.

Required Skills

- numeracy skills ranging from completing basic arithmetic calculations such as addition, subtraction, multiplication and division to recording numbers
- oral communication skills to fulfil job roles in a safe manner and as specified by the organisation
- problem solving skills to use available resources and prioritise workload
- reading and writing skills to fulfil job roles in a safe manner and as specified by the organisation
- work with others

Required Knowledge

- basic exercise science
- basic human movement
- common fitness terminology
- documentation processes relevant to fitness appraisal
- introductory human anatomy and physiology
- principle of fitness program development
- organisational policies and procedures pertinent to fitness training
- role of other fitness training providers and support services

Evidence Guide

EVIDENCE GUIDE

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Nil.

Consistency in performance

Competency should be demonstrated over time to ensure consistency of performance over the Range Statements and contexts applicable to the work environment.

EVIDENCE GUIDE

Context of and specific resources for assessment

Context of assessment

Competency should be assessed in the workplace or in a simulated workplace.

Specific resources for assessment

Access is required to:

- appropriate documentation and resources normally used in the workplace
- group able to give information regarding their fitness
- fitness training area with the appropriate facilities and equipment such as a gymnasium and an outdoor training area
- real or simulated work environment.

Range Statement

RANGE STATEMENT

The Range Statement relates to the Unit of Competency as a whole. It allows for different work environments and situations that may affect performance. ***Bold italicised*** wording in the Performance Criteria is detailed below.

Fitness goals may include	Mental Physical Social Spiritual
Screening may include	Basic sub maximal appraisals of fitness capacity, which may include parameters such as: • cardiovascular response • heart rate • range of movement • strength
Fitness program may include	Expected outcomes Program structure such as preparation phase, conditioning phase, recovery phase and adaptation phase Realistic goals Specific exercises
Health care practitioner may include	Chiropractor Dietitian Exercise physiologist Massage therapist Medical practitioner Occupational therapist Osteopath Physiotherapist Podiatrist Sports physician Therapeutic recreation worker

Unit Sector(s)

Not applicable.

Corequisite Unit/s

Co-requisite Unit/s Nil