



Australian Government

Department of Education, Employment and Workplace Relations

PUADEFPT002A Develop a group fitness program within Defence

Revision Number: 1

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Modification History

Not applicable.

Unit Descriptor

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This unit covers the competency required to develop a fitness program for groups within the Australian Defence Force (ADF).

This includes developing a fitness program that achieves the determined group or organisational fitness requirements.

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

PUADEFPT001A Conduct a group fitness appraisal within Defence

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. **Establish the scope and limitations of a fitness program**

- 1.1 ***Information gathered during fitness screening and appraisal*** is reviewed as the starting point for ***fitness program*** development
- 1.2 ***Physical limitations*** of the group and individual health limitations are considered in scoping a fitness program
- 1.3 Resource limitations for implementing a fitness program are identified
- 1.4 Principles of program development are assessed against the group's ***fitness appraisal*** results to identify the scope of the fitness program

ELEMENT**PERFORMANCE CRITERIA****2. Develop a basic fitness program**

- 2.1 Specific *fitness components* required to achieve the aims of the program are identified
- 2.2 A range of activities to target specific fitness components within the program are identified
- 2.3 Methods of motivating participants are incorporated to maximise fitness program adherence
- 2.4 *Principles of fitness program development* are used to develop fitness programs, incorporating identified fitness components and associated range of activities
- 2.5 Fitness program is submitted to a supervising fitness instructor for advice and further development where necessary

3. Monitor the effectiveness of a fitness program

- 3.1 *Methods of measuring a group's program adherence* are implemented
- 3.2 Feedback from the group is obtained on their own personal progress and their degree of satisfaction with the fitness program
- 3.3 Periodic fitness appraisals are conducted to monitor a group's fitness development
- 3.4 Group's fitness program is adjusted to continuously improve adherence, development and satisfaction with the program
- 3.5 Fitness program is submitted to a supervising fitness instructor for approval

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
- organisational policies and procedures pertinent to fitness training
- principles of fitness program development
- role of other fitness training providers and support services

Evidence Guide

EVIDENCE GUIDE

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EVIDENCE GUIDE

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

Assessment must confirm the ability to:

- apply the results of fitness appraisal to fitness programming
- develop a three month fitness program for a group of up to 30 personnel.

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.

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.

Information gathered during fitness screening and appraisal may include

Current fitness level

Fitness goals:

- mental
- physical
- social
- spiritual

Motivation

Screening may include

Clearance letter from an allied health professional or medical practitioner

Interview

Questionnaire

Fitness program may include

Expected outcomes

Program structure such as preparation phase, conditioning phase, recovery phase and adaptation phase

Realistic goals

Specific exercises

Physical limitations may include

Advice from a health care practitioner:

- chiropractor
- dietitian
- exercise physiologist
- massage therapist
- medical practitioner
- occupational therapist
- osteopath
- physiotherapist
- podiatrist
- sports physician
- therapeutic recreation worker

Height/weight considerations

Physical impairment

RANGE STATEMENT**Fitness appraisal may include**

Recovering injury

Basic sub maximal appraisals of fitness capacity, which may include parameters such as:

- cardiovascular response
- heart rate
- range of movement
- strength

Fitness components may include

Agility/flexibility

Cardiovascular

Endurance

Strength

Principles of fitness program development may include

FITT (frequency, intensity, time, type) formula

Program phases:

- preparation phase
- conditioning phase
- recovery phase
- adaptation phase

Program types including:

- sets and repetitions
- circuit
- single set to failure
- split routines

Methods of measuring a group's program adherence may include

Maintaining an attendance record

Observing level of enthusiasm

Performing periodic fitness assessment

Seeking feedback from participants or group leaders

Unit Sector(s)

Not applicable.

Corequisite Unit/s

Co-requisite Unit/s Nil