

## Meet physical fitness requirements

---

### Overview

This standard is for individuals working in public service. It is designed to ensure that individuals meet the required standard of physical fitness mandated by their organisation in order to perform their role efficiently. It also ensures that the individuals know what action they should take in order to improve their physical fitness or deal with injury.

## Meet physical fitness requirements

---

### Performance criteria

You must be able to:

1. follow organisational procedures at all times
2. maintain your own personal safety and the safety of others at all times
3. assess your current level of physical fitness
4. monitor your levels of physical fitness
5. fulfil the physical fitness requirements for your role
6. meet the requirements of your organisation's mandated physical fitness tests

## Meet physical fitness requirements

---

### Knowledge and understanding

You need to know and understand:

1. your organisational procedures for meeting physical fitness requirements
2. organisational and role requirements for physical fitness and health and safety
3. from whom to seek advice on improvements to your physical fitness and dealing with injuries
4. how to improve physical fitness
5. the differing components of physical fitness
6. how good practice in nutrition, health and hygiene affects your physical fitness

Meet physical fitness requirements

**Scope/range related  
to performance  
criteria**

Different conditions which affect how you apply your knowledge, and in which you must demonstrate competence are:

1 Maintaining fitness:

1.1 individually

1.2 collectively

2 Fitness:

2.1 cardiovascular

2.2 endurance

2.3 strength

2.4 mobility

Meet physical fitness requirements

<b>Developed by</b>	Skills for Justice
<b>Version Number</b>	2
<b>Date Approved</b>	November 2014
<b>Indicative Review Date</b>	November 2019
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating Organisation</b>	Government Skills
<b>Original URN</b>	SFJ6.13.1
<b>Relevant Occupations</b>	Public Services; Public Service Professionals; Army Combat Infantryman; Royal Air Force Regiment Gunner; Royal Marines General Duties ; Royal Navy Warfare Rating
<b>Suite</b>	Public Services; Armed Forces
<b>Keywords</b>	physical fitness; cardiovascular; endurance; nutrition; health and hygiene; injuries; operational delivery; strength; fitness