



Personal Trainers REGIONAL MEETING #4

Meeting to begin at	3pm
Date	Wednesday, 13 October, 2010
Venue	Otago Polytechnic (G104)
Regional Personal Trainer Representative	Matthew Blair

Present Markham B, Richard McKinlay, Kale Panoho, Christian Pederson, Matthew Carrington, Laura Dawson, Daniel Sela

Apologies Dr Tat Loo, Tracey Mitchell, Mike Harris

Agenda

General business

1. REPs advanced higher education registration levels - Coming in 2011

Note. See details on the most recent REPs email

- Advanced PT
- Exercise Specialist
 - This could help address what PTs charge for their time
 - ACC (or some other Govt) body could step in and pick up some of the costs
 - All present at the meeting support the discussion and likely inclusion of these type of levels
 - General public need to be made aware of these levels, if they are formally introduced

2. What are the major issues facing PTs?

- On a micro and macro level (regional and national)
- Where is PT going and how is it evolving?
- What will/could it look like in 10 years? Are we ready?
 - Academically driven (increased ability to educate clients)
 - Motivators v Specialists (health management) ... both?
 - All trainers REPs registered



- **Multidisciplinary (MD) approach ... increased use of referrals amongst various health professionals**
- **MD model, e.g. Physio diagnose back issue and look at WHY it happened, could involve some movement efficiency analysis**

Note. Richard Egan ODT article

Other business

- Registration inconsistencies
- PTC starter pack
- NZ PT Council website
 - <http://ptcouncil.co.nz/>
- OISA Applied Science degree enrolments for February, 2011 have commenced
- 2011 meeting dates
- Wednesday, 3pm (meet OISA 2.50pm)
 - **18 May**
 - **27 July (New PTC chair commences)**
 - **19 October**

Meeting closed 4pm