

Meeting 10 September 2010

Meeting started 2.30pm - End Time 3.20pm

Present: Brett Turnidge, Julz Darroch, Julia Y, Blossom, Dan Mcnaughten, Graeme (Skills Active) Mish McCormack

Apologies: William Tokana, Charlotte Hawley and Emma Cashmielle

Mish went over what the PT council was and what our purpose was, asked everybody if they had been to PT council website to check it out and nobody apart from Julz D had seen it! We had laptop there so quickly pulled up the site and explained what the different options were on site etc.

REPS – Discussed the benefits of being REPs registered and what you get for that! This opened a lot of discussion and most trainers feel they are not getting anything apart from annoying emails from REPs saying their fees were due! The newsletters need to be shorter, most trainers just delete them especially if sent out on a Friday afternoon ☺ A lot of the information is repetitive in these newsletters. Also if REPS could offer more variety on workshops and earning CECs - not everyone wants to go the same old ones offered ie: Boxing and spinning

*Some of the trainers felt the cards (Goal setting cards, Reminder cards) etc that can be purchased from REPs at a cost should be made free and part of our annual subscription. (we did go over the ones that are currently free as I had photocopied a few examples)

*We all agreed that there is NO media profile of Personal trainers at all throughout NZ and your average Jo Bloggs wouldn't know what the hell a REPs registered trainer meant but yet we all know through advertising (TV, radio, magazines) what a "Master Builder" is! There is also NO advertising in Gyms as to what a REPs registered trainer is, therefore members don't even have any idea what one is. "A trainers comments" were (quote): "To put this in perspective, most members, clients and general public I talk to have little or no knowledge of who RePs are. Not surprisingly when it is 8 years old and

covers around 50% of the industry (Richard Beddie talking to fitness magazine about REPS). However those same clients, members and general public all know who and recognise the university of Otago"... (Willie)

*Trainers felt the "Business Grow" this year for PT's just wasn't up to standard and those that did go left early as it was the same old stuff!

*We discussed tagging our PT council meeting onto the end of a Les Mills meeting to get better attendance by trainers and perhaps we could offer some CECs to get trainers along? Also it was agreed that having a guest speaker would be a good draw card and appreciated by the trainers with ongoing education.

*The biggest and most serious concern that I and many fellow trainers at Les Mills Wellington has is that REPS are not recognising qualifications from the University of Otago. The REPs website outlines a number of education providers, including Massey University and AUT, but with one glaring exception, the university of Otago's School of physical education! I say glaring because in our industry, Otago university is not just the oldest tertiary institution in NZ, it is NZ's top ranked university overall and for research quality. Massey was 6th and AUT 8th ranked (source: Tertiary education organisation, Ministry of education, 2009)

*How much experience do you need to be fully registered?
(Trainer feedback and discussion)

Similarly I feel for a couple of work colleagues who have over 10 years experience in this industry who may have to do this online test. To me it seems ridiculous they have to do this if they have been working in a recognised exercise facility and have been continually up skilling during this time as stipulated in the facility's contractor's agreement im contracted to. To me a much fairer system is that everyone is provisionally registered when they begin, and they become fully registered, if they have survived this industry for 2 years and completed the set of CECs required to continue practicing.

Working longer than two years is an achievement in itself as many first time trainers fail in the first six months 😞

Finally...All trainers at the meeting agreed the idea of a professional association for exercise professionals is a great idea as it will hopefully ensure that clients feel confident in the knowledge that the person training them is fully qualified and is continually upskilling 😊

