

**Fitness Community of Practice
Monday 3 September 2007, 3.00 – 5.00pm
Training Room, Department of Sport and Recreation**

Draft Meeting Notes

<p>Attendees: Hugh Pinnington – University of Notre Dame Tanya Mills – Department of Sport and Recreation Adam Maslin – Department of Sport and Recreation Heather Slaven – Challenger TAFE Robert Newton – Edith Cowan University Nicholas Keskinidis – Curriculum Council Ric Johnson – CSSN Marg Rhodes – South West Regional College of TAFE Kylie Cormack – Edith Cowan University Paul Ahern – West Coast TAFE Bruce Meakins – UWA Sports Sally Bower – Central TAFE/Fitness WA Mal Gammon – FutureNow Rachael Davidson – FutureNow</p> <p>Apologies: Gina Chan – Fitness WA Kevin Knapp – City of Belmont Sally de La Cruz – City of Belmont Nina Sandral – Curtin VTEC Tim Ackland – University of WA Andre Watson – Swan TAFE</p>	
Issue	
Notes from previous meeting	Notes taken from the previous meeting were accepted.
Actions from previous meeting	All actions from previous meeting have been completed.
New Initiatives	<p>Regional Fitness Training Research Project</p> <ul style="list-style-type: none"> - Adam Maslin an ECU student currently undertaking work placement with the Department of Sport and Recreation spoke to the group about a research project he is currently undertaking into fitness training in regional Western Australia. Information about the project was handed out to those present. <p>Pathfinder Project – Service Skills</p> <ul style="list-style-type: none"> - A hand out was given to those present detailing the Pathfinder Project being carried out by Service Skills. Further details about this project will be presented to the group when available.
ECU/West Coast TAFE Articulation Arrangements	<p>Paul Ahern (West Coast TAFE) and Kylie Cormack (ECU) presented the current articulation arrangements the two training providers have to enable ECU Sports Science undergraduates to gain their Certificate III and IV in Fitness through West Coast TAFE. Upon successful completion of the second year of their degree, students are able to enrol in 4 units from the Certificate III in Fitness and 6 from the Certificate IV in Fitness through West Coast TAFE. Approximately 25/30 students undertake this articulation process each year. Two half day or three quarter day workshops are run which focus on what is required to run a personal training business. Topics covered include marketing, branding, taxation etc.</p> <p>Business skills for Personal Training practices to be included as an agenda for the next meeting.</p>

<p>ECU/West Coast TAFE Articulation Arrangements cont'd</p>	<p>Students are required to put together a portfolio which they are given 2-3 months to complete and becomes the assessment to demonstrate competency. Each student portfolio takes approximately 2/3 hours to mark.</p> <p>The mapping of the content from the training package to the University course required ECU to add additional content to some of their units to ensure that all competencies were being met (how to answer a phone, how to write a resume etc). The mapping process involved parties from ECU and West Coast TAFE sitting down and going over each unit, and element to ensure that all requirements were able to be covered.</p> <ul style="list-style-type: none"> - The issue is whether to include enrolments as fee for service or under profile hours. West Coast TAFE current enrolments for the ECU articulation are under profile hours. The main priority should be looking at what method is more financially viable for the college and cheaper for the students. - A number of articulation discussions have taken place with Central TAFE and UWA; and Challenger TAFE and Notre Dame as a result of this project.
<p>Industry and Training Issues</p>	<p>Mapping of content – university and fitness training package</p> <ul style="list-style-type: none"> - All universities have been sent a link to the Fitness Training Package which outlines all courses, units of competencies and elements. The aim is to have one uniform, standardised process across all TAFE colleges which could then be adopted by each university. Universities would then have to map their course content to meet the requirements of the fitness training package. <p>AAESS – clarification of registration</p> <ul style="list-style-type: none"> - All those on the fitness distribution list were emailed the registration requirements for AAESS professionals to get Fitness Australia (FA) Fitness Professional Registration to enable them to work in the fitness industry as personal trainers and fitness instructors. <p>Notre Dame selection template</p> <ul style="list-style-type: none"> - All those on the fitness distribution list were emailed a copy of the template Notre Dame uses when assessing potential applicants for their courses who have completed a Certificate IV at TAFE. In addition to the selection template, Notre Dame also individually interviews each applicant. <p>Practicum Checklist</p> <ul style="list-style-type: none"> - The issue was raised over developing a university practicum checklist outlining tasks/requirements students must achieve while on prac. To be included as an agenda item for the next meeting. <p>University presentations at TAFE colleges</p> <ul style="list-style-type: none"> - Some presentations have already been organised. Notre Dame will be visiting West Coast TAFE. <p>Diploma – feedback</p> <ul style="list-style-type: none"> - No further feedback has been received. Action: Mal Gammon will follow up to get access to the minutes or discussion from the meeting as to the rationale to not go ahead with the Diploma of Fitness.

<p>Industry and Training Issues cont'd</p>	<ul style="list-style-type: none"> - It is believed that there is a market for graduates who have completed their Certificate IV in Fitness to go on to further study with the Diploma in Fitness to specialise their skills and expertise in areas such as the ageing population, those with chronic illnesses and children. The Diploma would also further develop the areas studied through the Certificate IV in Fitness and enable graduates to work alongside Allied Health Professionals. The concern was raised over duplication of course outcomes and career pathways with university graduates and the Diploma graduates likely to be looking for jobs in similar areas. There is a current gap in the market, however this is likely to be filled due to the large number of students graduating with Sport Science, Human Movement and similar degrees entering the market within the next couple of years. - A number of lecturers from West Coast TAFE are going to visit QLD to observe how their Diploma in Fitness is run. Action: Paul Ahern will report back to the group on the findings of the visit. <p>Terminology – exercise scientists and exercise physiologists</p> <ul style="list-style-type: none"> - For clarification, the AAESS website states: <i>The term Exercise Physiologist describes professionals from within the field of exercise science who have specialised into either health and fitness or exercise rehabilitation streams. AAESS defines the domain of an Exercise Physiologist as matching the immediate aspirations and needs of the client with appropriate exercise interventions, and developing strategies which promote and assist in interventions being undertaken regularly for a prolonged period of time. Interventions will rarely only involve physical activity and as a consequence the Exercise Physiologist does not practice in isolation but will collaborate with other recognised health practitioners. An Exercise Physiologist is ideally suited to providing professional services in the area of exercise as a treatment strategy in physical rehabilitation, as a preventative strategy for disease prevention, and work hardening as part of establishing and sustaining functional independence.</i> <i>Sport scientists are trained experts who assist sports people to achieve the best possible sporting performance. They evaluate, research, assess and advise on coaching, training, competition and recovery practices in all areas and levels of sport. A degree in sports and/or exercise science or human movement studies is the basic requirement. However, in general, a postgraduate degree by research (Masters or PhD) in sports science is a mandatory requirement to gain employment either overseas or within Australia within an academy or institute of sport, professional sporting team, or University. You can expect to study subjects in anatomy, physiology, immunology, nutrition, biological chemistry, microbiology as you prepare for a career in sports science. Part of your job will be conducting experiments, making observations, interpreting data and communicating findings. To do this, you'll need skills in communication, project management and information technology.</i> <p>Campus Review article</p> <ul style="list-style-type: none"> - A copy of a Campus Review article focusing on the Australian Institute of Fitness was handed out to all those present. <p>Certificate III/IV Fitness in Schools</p> <ul style="list-style-type: none"> - A report received by FutureNow revealed that two schools in the Goldfields and Warren/Blackwood region were delivering Certificate III and IV in Fitness in 2006.
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<p>Industry and Training Issues <i>cont'd</i></p>	<p>Action: Nic Keskinidis to follow up.</p> <p>University Associate Degree</p> <ul style="list-style-type: none">- Dr Hugh Pinnington has spoken with his Head of School, Professor Helen Parker about offering an Associate Degree. The response from hierarchy has been positive. At this stage, 2009 would be the earliest the course could be introduced. The Associate Degree would be to upskill and increase the knowledge base of Certificate IV in Fitness graduates to enable them to work alongside Allied Health professionals. Clarification is needed as to what duties graduates would be able to do on completion of the associate degree. Notre Dame would be keen to enter discussions with TAFE colleges about offering the course through a partnership arrangement and to facilitate the process to gauge what the need is out in the industry for a degree of this kind.- The introduction of an Associate Degree may be able to provide a pathway for further study for Certificate IV in Fitness graduates. Areas such as paediatric/children's exercise could be focused on within the degree as an area of huge potential growth. The Active After-Schools Community (AASC) program is a very popular after school program for children which incorporates physical activity and is an initiative of the Australian Sports Commission. <p>Action: FutureNow to invite Jo Davies from AASC to speak about the program at the next meeting.</p>
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