

Trainer Experience Program

Information for the Fitness Industry on Supervision of Student Trainers

Welcome to the Institute's Trainer Experience Program (TEP), designed to link friends of the Australian Institute of Fitness® with the fitness industry.

If you are reading this information page it's likely that a current friend studying at the Institute has approached you to become their supervisor for their trainer experience hours.

The purpose of the Institute's TEP is to help students gain essential exposure to and experience in the workplace and to allow the fitness industry access to potential trainers for employ.

Important Things You Need to Know

Insurance

Whilst a friend is completing their studies with the Institute they are covered by the Institute's insurances (both Public Liability and Professional Indemnity). This cover will remain in place until they complete their Certificate IV in Fitness qualification, at which point they will need to seek their own insurance cover. You can expect the friend approaching you, to be able to provide you with details of their insurance cover – just ask them for their cover note.

When Can A Student Start Their Trainer Experience?

Friends are eligible to commence their practice hours with industry once they have received *Institute Provisional Certification*. This occurs when they have completed the following components of the Master Trainer Program: Kick Start, Fitness Essentials, Fitness First Aid, Gym Instructor and Personal Trainer. You will know when this has been received, as their Master Trainer Log Book will contain the official Institute stamp confirming they are Provisionally Certified.

Who Can Be A Supervisor?

A supervisor can be an owner, licensee, franchisee or employee of a reputable fitness training business. They should hold fitness qualifications, or have equivalent higher qualifications.

How Much Experience Is Required?

Friends must complete a minimum of twenty (20) practice hours under supervision, and they have four (4) weeks in which to gain these hours. As a guide, the Institute recommends the hours of practice be allocated as follows:

- ~ 3 hours shadowing a trainer at work
- ~ 3 hours assisting members (on the floor, at reception)
- ~ 2 hours of cleaning and maintenance
- ~ 12 hours working with clients (training clients, taking health checks, delivering programs)

To maximise the experience, we suggest that shifts are no less than three (3) hours in duration. As supervisor you can arrange the best fit with the student trainer. Many friends complete a greater number of hours to boost their Trainer Experience, and this is fine if they wish to do so.

What Is The Supervisor's Role?

As a supervisor you will not be required to deliver any training, or assess a friend's performance in anyway. We ask that you guide the student trainer as they practice their skills, and sign off their logbook to confirm the number of practice hours they have completed with you.

Want Further Information?

Visit the Trainer Experience section of our website www.fitness.edu.au for further detail.