

## Mentorship Declaration for Mentors & Students

**Mentors** can earn PDPs for coaching personal trainers to improve their knowledge, skill set and to ultimately become a stronger communicator and role model. **Students** in turn learn from industry experts to develop an understanding of the fundamentals of fitness, effective coaching and everything in between to help clients progress.

**In order to earn PDPs for being mentored or for providing mentorship, the following criteria apply:**

- ✓ Minimum 6+ week period for effective mentoring (12+ ideal).
- ✓ Minimum 6 contacts for 30 mins within a 6-month period (within the registrant's current 2-year registration period).
- ✓ Mentoring activity spread sporadically across the 2-year registration period will not be recognised unless there are at least 12 meaningful contacts/activities in at least one block of the 12 months of the 2-year period.
- ✓ **Student must:**
  - Have either Group Exercise Leader (GEL) certification or mapped equivalent or Cert 3 and 4 as a minimum standard.
- ✓ **Mentor must:**
  - Have either Group Exercise Leader (GEL) certification or proven equivalent or Cert 3 and 4 or mapped equivalent (degree or diploma qualified).
  - Have minimum 4 years of continuing industry relevant employment and fitness registration
  - Work within their scope of practice as set out in PAA's Scope of Practice document, e.g. No nutritional planning or boxing training unless you hold a relevant qualification etc.
- ✓ Mentoring content should be fitness or fitness business relevant.

### Declaration

Registration No.: \_\_\_\_\_ Date: \_\_\_\_\_

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

#### Tick one

- I have completed mentoring for 6-11 weeks (1 PDP)
- I have completed mentoring for 12+ weeks (2 PDP)
- I have completed mentoring for \_\_\_\_\_ weeks (PDPs upon request)



# PHYSICAL ACTIVITY AUSTRALIA

## NATIONAL FITNESS REGISTRATION

	Session 4:
	Session 5:
	Session 6:
	Session 7:
	Session 8:

# PHYSICAL ACTIVITY AUSTRALIA

## NATIONAL FITNESS REGISTRATION

Session 9:

Session 10:

Session 11:

Session 12:

\*Please add additional pages if required and attach to this declaration.

# PHYSICAL ACTIVITY AUSTRALIA

## NATIONAL FITNESS REGISTRATION

<b>Briefly describe what competencies and skills were developed during the mentoring period.</b>	
<b>Feedback – what did the student/mentor say about the mentorship program and how has it:</b> <ul style="list-style-type: none"><li>- improved their career</li><li>- broadened their skills and knowledge</li><li>- etc</li></ul>	
<b>Reflection – what have you learned from providing or undertaking this mentorship program and what would you do differently next time?</b>	

I hereby declare that the information I have provided within this document is true and correct.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Please email this document to [register@physicalactivityaustralia.org.au](mailto:register@physicalactivityaustralia.org.au) or post it using the details below.

**PHYSICAL ACTIVITY  
AUSTRALIA**

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