

PHYSICAL ACTIVITY AUSTRALIA

NATIONAL FITNESS REGISTRATION

Self-Directed PDP Template

Physical Activity Australia Registered Professionals may apply for PDP for the following professional resources with appropriate learning within their Scope of Practice.

Note: A maximum of 1 PDP per registration period applies to the self-directed PDP template.

- **Professional subscriptions**
Selected quality online subscriptions count towards your registration. Examples include:
[Third Age Fitness](#)
[Fitness Education Online](#)
[Australian Strength and Conditioning Association \(ASCA\)](#)
[Yoga Journal](#),
[Zumba Instructor Network Membership](#)
[American Council of Exercise](#)
[Musculoskeletal Australia](#)
[Science for Sport](#)
- Non-accredited industry-related **webinars** with a minimum duration of 4 hours.
- Research-based **podcasts** with a minimum duration of 4 hours.

Evidence Required: Complete and submit the Self-directed PDP template below.

Type of Resource (tick)	<input type="checkbox"/> Professional Subscriptions	<input type="checkbox"/> Webinars	<input type="checkbox"/> Podcast
Title of Resource			
Author/ Presenter name/s			
Access Link/ DOI			
Resource Duration (minutes)			
Evidence of viewing the resource (e.g., screenshot attached)			

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ABN 82 094 095 468

PO Box 492, Albert Park, Vic 3206 Australia

F: 1300 784 467 W: www.physicalactivityaustralia.org.au

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List three (3) things that you have learnt from this resource and describe how you can apply each within your professional practice (min. 30 words per item).

1	
2	
3	

I, (Full Name)

Registration No:

Acknowledge that I have read, listened to, and viewed this professional resource for educational purposes to develop my knowledge within my scope of practice.

Signed:

Date:

Attach and email this completed form to register@physicalactivityaustralia.org.au.