

ROBYN SUTTOR CV

FITNESS PROFESSIONAL INFORMATION

Fitness Australia – Registered Exercise Professional Level 3 - Registration Number- 006052
Network Member – Personal Trainer – No 130673
Industry Fitness Insurance - Marsh-609/9028505/FIT- since 2008 to current (UMR No : B0509IA030214 Certificate No : 609/02136/FIT2 The Assured : Robyn Suttor Family Fit . Exp 8th Oct 2021.
Senior First Aid (Provide, First Aid, Provide basic emergency lift support, Provide Cardiopulmonary Resuscitation) – CBD College, Ref V6000360, Exp 24th July 2022
CPR – CBD College 30th July 2020 (updated annually)
National Police Check – Certificate No 1985254, Issued on 22nd July 2019
Working with Children Check – WWC0488013E – Exp 17/09/2024
Accredited Athletics Coach – Athletics Australia – Accreditation Number – 9362 – Exp 10/12/2021
Certificate of Registration of Business Name – Family Fit –Registration No. – BN98297275
ABN 63 362 250 899

COACHING CERTIFICATION

Level 3 Performance Development Coach – Athletics Australia– 6th Jan 2021
ASADA Anti Doping Level 1 Course – Sport Integrity Australia -20th Sept 2020
ReVO2lution Running Certificate – 15th May 2020
ATFCA Level 1 Foundation Coaching Course – 17th & 24th Nov 2019
ASSA Sport Speed for Coaches - 16th Dec 2018
Level 1 Speed, Agility and Quickness – AISA – 24th May 2018
AIIF Kids Athletics Coach (Sporting Schools) –Accred No. 9362 – Nov 2015
Level 2 Intermediate Club Coach - Accred No. 9362 – 12th & 19th June 2016
Level 2 Intermediate Recreational Running Coach- –Accred No. 9362 – 22nd March 2015
Level 1 Community Athletics Coach –Accred No. 9362 – December 2014
Sport Speed for Coaching Course– Academy of Sport Speed and Agility – Jan 2014
Community Coaching AIS, ASC – Online Community Coaching General Principles - 1290930/2014 – 2014
Speed and Agility for Field Sports Workshop conducted by NSW Sport and Recreation –Program No – 0044251- 11th November, 2009

EDUCATIONAL FITNESS QUALIFICATIONS

Diploma of Fitness (Special Populations) SRF50204– Meadowbank TAFE - 2007
Certificate 4 Personal Trainer- SRF40204- Meadowbank TAFE - 2006
Certificate 3 Gym Instructor- SRF30204- Meadowbank TAFE – 2006
Certificate IV in Fitness Pilates- 91313NSW–Australian Fitness Network – 28/4/2008
NET001 Fundamental Matwork
NET002 Intermediate Matwork
NET003 Individual / small Group Pilates
NET004 Pilates on the Ball
NET005 Remedial Pilates
NET006 Pilates and Pregnancy

VOLUNTEER WORK that relates to Fitness

Sydney University American Football Lions & Cubs – Club Sprint Coach 2015 to present

FITNESS CERTIFICATION

Infection Control Training – COVID 19 – Australian Govt – Aspen Medical – 4th June 2020
How Trainers can give Nutrition Advice – FEO – 2nd June 2020
Cracking the Female fat loss Code – AFN – 25th May 2020
Accident & Injury Risks in Fitness Facilities – I Learn FA – 8th April 2020
Exercise Safe: Putting Clients First Seminar – I Learn FA – 8th April 2020
Professional Practice & Advice: what are the Risks ? - I Learn FA – 8th April 2020
Network Autumn 2019 – AFN – Sept 2019
Referral Essentials – FIA – 19th June 2018
Fitness Education Online – FEO – 28th May 2018
Training For Power – FIA – 12th June 2018
D Bands Professional Trainer Course -26th Nov 2017
Upgrade Pool Life Guard – RSGC – Cert No - 3558972-2349327- 26th Nov 2017
TRX Straps – RSGC – 2017
TRX Group Suspension Training Course – 2016
Aqua Instructor Course – TAFE – 2016
Pool Life Guard Course – 2016
Play by The Rules – Harassment and Discrimination – 2016
Play by The Rules –Child Protection– 2016
Tai Chi 73 Forms – Dr Paul Lam – 2016
The New Body Conditioning Formula –EGX - 2015
Tai Chi for Energy – Instructor / Leader’s Course -Dr Paul Lam – 2015
Tai Chi for Energy 2 – Dr Paul Lam - 2015
ACSA Updating Workshop- Topic Sports Rehabilitation –ACSA- 2015
Advanced Boot Camp & Outdoor Group Fitness Instructor Course Level 2– Boot Camp Alliance – 2013
Boot Camp & Outdoor Group Fitness Instructor Course Level 1– Boot Camp Alliance – 2013
The Juicy Psoas : Redefining Core Strength with Liz Koch – 2013
Crankit Straps Essential CEC Course – 02434FA0113 – 2012
Crankit Straps Advanced CEC Course – 91217FA1013 – 2012
Heartmoves for MS – National Heart Foundation – 2011
Heartmoves Exercise for Older Adults – National Heart Foundation – 2007, 2009, 2011
Active Anatomy Postural Analysis Workshop – 01870FA0510 16th January, 2010
Active Anatomy Core and Pelvis Workshop – 01871FA0510 6th February, 2010
Active Anatomy Level 2: Neck and Shoulder – 01913FA0810 – 7th November, 2009
Active Anatomy Level 2 : Hip, Knee and Ankle – 01912FA0810 – 5th December, 2009
Tai Chi for Arthritis Instructor / Leader’s Course - Certificate No- 08436A- 2009
Tai Chi for Diabetes Instructor / Leader’s Course - Certificate No- 01354 D – 2008
Power Plate Acceleration Training Technology Seminar - 20th November, 2008
Active Over 50’s – Certificate of Accreditation – SSWAHS- 2007
Group Exercise Instructor (Fitness)– Fitness Institute Australia -104351 (SRF06) –No 90063, 1st June 2007
Plan and Deliver exercise for Older Adults – SRFOLD001B – Australian Institute of Fitness NSW – 9/5/2007

EDUCATIONAL QUALIFICATIONS

Work Place Trainer Category 1- VETAB Work Place Trainer qualifications- 1998:
Conducting Workplace Assessment (Cert Level IV), Design & Administer Training (Cert IV- Category 2),
Workplace Trainer –Lady Gowrie/ NSW VETAB – 1998
Teaching in Early Childhood – 30 Hour Conversion Course – Michelle Cuthbertson Consulting Practice – (an approved D.O.C.S. Course) – 1995
Graduate Diploma in Education Studies (Expressive Arts in the Primary School) – Sydney College of Advanced Education – 1984
Diploma in Teaching – Mitchell College of Advanced Education – NSW Vocational Education and Training Accreditation Board - 1980

FITNESS RELATED WORK EXPERIENCE

Fitness Specialist / Small Business Operator – Began 09 / 2007 and ongoing – Family Fit – Self Employed Personal Trainer

Royal Sydney Golf Course – Permanent Part Time - June 2016 – Sept 2017

Academy of Sport Speed and Agility – Contracted Coach – 2015 to current

Cardinal Freeman Village- Group Exercise Heartmoves Classes – conduct 3 Senior Hertmoves and Aqua Fitness classes weekly- 2008 to ongoing

One Wellbeing of One Solutions, Five Dock – contracted Pilates Instructor, Multisport Facilitator – 09 / 15 -4/18

Part- time (Casual) TAFE Teacher, Sport, Fitness and Recreation- 03 / 11- 12/11 Subject -Fitness for Older

Adults - 3 hours per week - **JRN – PT2010-6** – Meadowbank TAFE Semester 1 , 2011 and Northern Beaches TAFE Semester 2, 2011

Curves Trainer – 20/06/06 -15/08/07 - Concord Curves – Gym instructor / Circuit Coach
Curves, Concord Circuit Coach (Permanent)

Sample of Classes since beginning as PT –

2008	2009	2010	2011	2012	2013
Sydney Community College- Pilates, Tai Chi, Walk to Run – 10 week courses	Health Promotion Service (HPS)- Sydney South West Area Health Service (SSWAHS) - Community Fitness Walking Research Project – 3 months	Cardinal Freeman Village - Seniors Fitness, Tai Chi- weekly classes ongoing till current	Tripoli and Mena Association - freestyle / aerobic exercise for Mothers Group – weekly class & term class	Tripoli and Mena Association - freestyle / aerobic exercise for Mothers Group- weekly class & term class	Benevolent Society – Tai Chi & Women's Fitness – 2 classes weekly
					Canterbury City Council – CECAL,Earlwood - Tai Chi- weekly classes
					Office for National HEAL - Education & Fitness Program – term program
2014	2015	2016	2017	2018	2019 – 2020
Benevolent Society – Tai Chi & Womens' Fitness- 2 classes weekly	Benevolent Society – Tai Chi & Womens' Fitness- 2 classes weekly	Royal Sydney Golf Club – PT, Tai Chi, Pilates, Spin, Aqua, Circuit strength	Royal Sydney Golf Club – PT, Tai Chi, Pilates, Spin, Aqua, Circuit strength		Annette Kellerman Aquatic Centre – Aqua Aerobics class x 1 weekly + occasional casual classes - current
Canterbury City Council – CECAL, Earlwood - Tai Chi- weekly class	Wylies Baths , Coogee – Tai Chi – weekly class	Wylies Baths , Coogee – Tai Chi – weekly class	Petersham - Women's Pilates – weekly class		
Office for National HEAL - Education & Fitness- term program	Islamic Women's Welfare Association (IWWA) - Pilates , Tai Chi for Women – weekly class	Islamic Women's Welfare Association (IWWA) - Pilates , Tai Chi for Women- weekly class			
Mobile PT & Coaching – ongoing till current	Academy of Sport Speed Australia – Sport Speed & Agility , track Sprinting – Ongoing till current	One Wellbeing of One Solutions, Five Dock – contracted Pilates Instructor, Multisport- by the term	One Wellbeing of One Solutions, Five Dock – contracted Pilates Instructor, Multisport- by the term	One Wellbeing of One Solutions, Five Dock – contracted Pilates Instructor, Multisport- occasional	

Non Fitness Related Certification

Remedial Massage –NSW School of Therapeutic Massage-2003
Manual Handling Training- Re-Start Consulting- 2003

Swedish Massage – NSW School of Therapeutic Massage – 2001

Occupational Health and Safety in Children’s Services- C.C.C. (NSW)-2000
Child Protection- New Legislation – D.O.C.S.-2000

Non Fitness Work Experience

Small Business Operator – 01/04 – 10/05 Mexican Heat – wholesale / retail seller of imported Mexican goods

Head Teacher – 07/03 – 12/03 Woollahra Kindergarten / Woollahra Council – Director of Kindergarten, supervise 8 staff.

Authorised Supervisor – 10/94 – 01/03 Elstead Nursery & Kindergarten – Director of 0-5yrs Nursery & Kindergarten, supervise 13 staff.

State Manager / Education Consultant 01/90 – 07/94 Promotion, Selling and inservicing teachers with published educational materials, Aboriginal & Music Upbeat programs for use within the classroom. Lucky Book Club Promotion.

P/T Resource Teacher – 01/1988 – 07 / 90 Expressive Arts Teacher, Music RFF Teacher, Sports Coordinator, Soccer Coach.

Training Officer – 01/85 – 12/87 Department of TAFE and Department of Agriculture. Implementation of design and conducting training workshops to Administrative Staff.

Primary Teacher – 01/1980 – 12/84 Department of Education. K-6 Primary Teacher.