

Robyn Suttor

Fitness Australia – Registered Exercise Professional Level 3 - Registration Number- 006052 – Exp Oct 2016
Industry Fitness Insurance - Marsh- since 2008 to current
Senior First Aid – St Johns Ambulance Australia, Exp September 2016
CPR – St Johns Ambulance Australia, Exp June 2016
Certificate of Registration of Business Name – Family Fit –Registration NO – BN98297275 –
19th June 2007 to 19th June 2015
ABN 63 362 250 899
Working with Children Check – WWCO488013E – Exp September 2019
Insurance – Athletics Australia – 38 P100032 PLB – Exp April 2016
Marsh Insurance – 609/9028505/FIT – Exp October 2016
Heartmoves Freelance Licencee NHFA– Exp June 2016
Network Member – Personal Trainer – No 130673 – Exp July 2016
Drivers Licence – 9333UX

EDUCATIONAL CERTIFICATION

Diploma of Fitness (Special Populations) SRF50204– Meadowbank TAFE - 2006
Certificate 4 Personal Trainer- SRF40204- Meadowbank TAFE - 2006
Certificate 3 Gym Instructor- SRF30204- Meadowbank TAFE – 2006
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
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
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 – 1980
NSW Vocational Education and Training Accreditation Board

Ongoing Current Education Certification

AIF Kids Athletics Coach (Sporting Schools) –Accred No. 9362 – Exp December 2015
Level 2 Recreational Running Coach- –Accred No. 9362 – Exp December 2015
Level 1 Community Athletics Coach –Accred No. 9362 – Exp December 2015
Tai Chi for Energy – Instructor / Leader’s Course –Dr Paul Lam – 2015
ACSA Updating Workshop- Topic Sports Rehabilitation – 2015

Speed Coaching – Academy of Sport Speed and Agility – 2014
Community Coaching ASC – 1290930/2014 – 2014

Boot Camp &Outdoor Group Fitness – 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
Speed and Agility for Field Sports Workshop conducted by NSW Sport and Recreation –Program NO – 0044251-
11th November, 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

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

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

Work Experience

Fitness Specialist / Small Business Operator – Began 09 / 07 and ongoing – Family Fit – Self Employed
Exercise Specialist . **Comprises of Personal Training, Sprint Coaching, Tai Chi Instruction, Pilates Instruction, Group Exercise Training, Heartmoves Classes, Squad athletics coaching, ASSA Sprint Coach, Consultant Part- time (Casual) TAFE Teacher , Sport, Fitness and Recreation-** 03 / 11- 12/11Subject -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)

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 01/94 – 07/90 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.

Referees:

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