

# SPORT AND EXERCISE SCIENCE / EXERCISE PHYSIOLOGY CAREER SNAPSHOT



## Sport and Exercise Science

The JCU Bachelor of Sport and Exercise Science is a 3 year full time degree accredited by Exercise and Sports Science Australia (ESSA). On successful completion of the degree, students are eligible for professional membership with ESSA and may seek accreditation as an Accredited Exercise Scientist and/or Accredited Sports Scientist.

**Accredited Exercise Scientists (AES)** has “the knowledge and skills to apply the science of exercise to develop interventions that improve health, fitness, well being, performance, and that assist in the prevention of chronic conditions”.<sup>1</sup>

<sup>1</sup>Source: [ESSA](#) Accessed April 2019.

Exercise science programs have a preventative focus – they are not designed for the treatment or management of a clinical condition or injury.<sup>2</sup>

Accredited Exercise Scientists can work in a wide range of occupations, including:<sup>2</sup>

- Freelance or gym based fitness instructor, trainer, fitness centre manager
- Health educator
- Sports coach or sports trainer
- Health promotion roles
- Non-clinical case management

- Corporate health program roles
- Specialised occupations, such as a sleep technician or cardiac technician
- Healthy ageing roles
- Health policy and/or program planning

**Accredited Exercise Scientists** are employed in:<sup>2</sup>

- Fitness centres, gymnasiums, private practice
- Self employed
- Schools, government (local, state and federal), early learning environments
- Sporting teams/events
- Community Health, Health Clinics and hospitals
- Corporate settings, Industrial and Mining sectors, workplace wellbeing programs (e.g. employment screening)
- Aged care sector
- Non-Government Organisations (NGOs)

<sup>2</sup>Source: Exercise and Sport Science Australia (2016). [Accredited exercise scientist scope of practice](#). Accessed April 2019.

An **Accredited Sports Scientist (ASpS)** helps individual athletes and teams to improve their sporting performance through the use of scientific knowledge, methods and applications in the areas of sports physiology, sports biomechanics, strength and conditioning/strength science, performance analysis and motor control and skill acquisition.

Check the **ESSA** site for [Exercise Science Standards](#) and further information on the [scope of practice](#) as an accredited sports scientist.

## Exercise Physiology

The JCU Bachelor of Exercise Physiology (Clinical) is a 4 year full time degree accredited by Exercise and Sports Science Australia (ESSA). Students are eligible for ESSA professional membership on successful completion of the degree.

**Accredited Exercise Physiologists (AEP)**, are eligible to register with Medicare Australia, the Department of Veterans' Affairs and WorkCover and are recognised by most private health insurers.<sup>3</sup>

The main distinction between an Exercise Physiologist and a Physiotherapist is a Physiotherapist is trained to assess, diagnose and treat conditions, diseases and disabilities with movement and function. While Accredited Exercise Physiologists specialise in the design, delivery and evaluation of exercise, lifestyle and behaviour modification **programs** for the prevention and management of chronic diseases, conditions and injuries. They provide support for physical activity programs and behaviour change for clients with a high risk of developing, or with existing, chronic and complex medical conditions and injuries.<sup>3</sup>

<sup>3</sup>Source: Exercise and Sport Science Australia (2017). [What is an accredited exercise physiologist?](#) Accessed April 2019.

Exercise and Sport Science Australia (ESSA) provide the following examples of target pathologies that Exercise Physiologists may specialise in<sup>4</sup>:

- **Cardiopulmonary:** hypertension, coronary artery disease, chronic heart failure, asthma, cystic fibrosis.
- **Metabolic:** obesity, dyslipidaemias, impaired glucose tolerance, diabetes mellitus
- **Musculoskeletal:** osteoarthritis, rheumatoid arthritis, osteoporosis, sub-acute and chronic specific and non-specific musculoskeletal pain and injuries
- **Neurological/neuromuscular:** stroke, spinal cord injury, acquired brain injury, Parkinson's disease, multiple sclerosis and cerebral palsy
- **Other:** cancers, mental illness and conditions associated with aging<sup>4</sup>

**Accredited Exercise Physiologists** are employed in: <sup>4</sup>

- Public and private hospitals
- Primary, secondary and tertiary health care
- Private and multidisciplinary clinics
- Population health
- Workplace health and rehabilitation
- Residential aged care facilities and retirement facilities
- Sporting settings, working with clinical conditions
- Gym and fitness settings

<sup>4</sup>Source: Exercise and Sport Science Australia (2015). [Accredited exercise physiologist scope of practice](#). Accessed April 2019.

## Graduate Opportunities

**Online job sites** provide information on job opportunities and **employer requirements and expectations** for the positions advertised.

It is important you work towards gaining the skills, knowledge and experience identified to ensure you are competitive when entering the graduate labour market.

Useful websites include:

- [ESSA](#)
- [Sports People](#)
- [Australian Sports Commission](#)
- [Clearinghouse for Sport](#)
- [Healthy People](#)
- [Health Care Link](#)
- [Medijobs](#)
- [JCU Careerhub](#)
- [Seek](#)
- [Australian Job Search](#)
- [Queensland Health](#)
- [Queensland Government Jobs](#)
- [Australian Public Service recruitment](#)

**Job opportunities are also posted on employer websites**, Facebook pages, LinkedIn accounts and twitter feeds.

Graduates may choose to establish their own business. Check [NDIS](#) for eligibility to become a registered provider. The Australian Fitness Academy's [Guidelines to establishing a fitness business](#) is a useful resource.

## LinkedIn Career Path Data

The [JCU LinkedIn Alumni](#) page provides information on 300 JCU alumni who have listed [Sports and Exercise Science](#) and 296 JCU alumni who have listed [Exercise](#)

[Physiology](#) within their LinkedIn profile.

Investigate these profiles to identify **career pathways and current and past employers** of JCU Bachelor of Sports and Exercise Science and Bachelor of Exercise Physiology graduates.

Examples of employers listed in the LinkedIn profiles include Qld Health, QLD Department of Education, ESSA, North Queensland Toyota Cowboys, Alliance Rehabilitation, Kinnect, IPAR Rehabilitation, Australian Strength and Conditioning Association and Australian Army.

## Professional Associations and Industry Bodies

Students are encouraged to investigate relevant Professional Associations and Peak Bodies to gain greater awareness of developments and opportunities within their future industry area. A number of Professional Associations offer discounted membership fees to students.

The benefits include access to industry news and trends, career opportunities, networking events, mentoring programs, online learning, conferences and other professional development opportunities. Membership sends a clear signal to employers about commitment to your future profession and ongoing professional development.

Explore your eligibility to join:

- [Exercise and Sport Science Australia](#)
- [Sports Medicine Australia](#)
- [Australian Strength and Conditioning Association](#)
- [Fitness Australia](#)
- [Allied Health Professionals Australia](#)
- [Services for Australian Rural and Remote Allied Health](#)

## Workplace Experience

Gaining experience before you graduate is essential as employers want to know that you have put the skills and knowledge you have been developing into practice.

The Sports and Exercise Science and Exercise Physiology practicums

provide an excellent opportunity for students to network and apply the skills and knowledge they have been developing throughout their degree.

In addition to your mandatory **course placements**, give consideration to gaining further course related experience.

**Volunteering** is a great way to form professional networks, experience different work environments and gain experience and skills prior to graduating. Look for opportunities to develop and practice your customer service, professional communication and business skills.

**Opportunities to consider include:**

- [FNQ Hospital Foundation \(Cairns\)](#)
- [Townsville Hospital Foundation](#)
- [FNQ Volunteers](#)
- [Volunteering North Queensland](#)
- [My Community Directory](#)
- [Townsville City Council Community Directory](#)
- [Cairns City Council Community Directory](#)
- [Seek Volunteering](#)

## Stand Out

Employers want to know you can offer more than your educational qualifications. Be proactive, get involved and stand out from the crowd.

- Become a [Student Mentor at JCU](#)
- Attend or undertake professional development opportunities eg. check [ESSA](#) opportunities.
- Take on challenges e.g. undergo a remote placement to demonstrate resilience and initiative.
- Become involved in community organisations, sporting clubs etc. get known, develop contacts and network.
- Actively participate on [LinkedIn](#), develop an impressive professional profile, join relevant groups, connect with professionals, follow employers of choice, e.g. Queensland Health, Australian Sports Commission.
- Develop your business and entrepreneurial skills. Free short courses are available on lynda.com. [Log in](#) via the JCU library website.