

SPORT AND EXERCISE SCIENCE / EXERCISE PHYSIOLOGY CAREER SNAPSHOT

BOOST YOUR EMPLOYMENT PROSPECTS

 Explore your options, clarify your career goals

 Build your networks

 Gain course relevant experience

 Fine tune your job application skills

 Show initiative, engage in extra-curricular activities and stand out

For further ideas access [JCU Job Ready](#)

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) have “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”.¹

¹Source: [ESSA](#) Accessed November 2020.

Exercise science programs have a preventative focus – they are not designed for the treatment or management of a clinical condition or injury².

Accredited Exercise Scientists can work in a wide range of environments, including:

- Fitness centres, gymnasiums, private practice or business
- Education, policy and program planning in schools and government
- Coaching/training
- Community Health and hospitals
- Health promotion
- Corporate health, industrial/mining, workplace wellbeing, employment screening
- Ageing and aged care sector²

²Source: ESSA. [What is an accredited Exercise Scientist?](#) Accessed November 2020.

Accredited Sports Scientists (ASPs) apply scientific principles and techniques to assist coaches and athletes improve their performance or contribute to relevant projects (eg. teaching and research) within the sports industry, to corporate bodies and the community³.

³Source ESSA. [Accredited Sports Scientist Scope of Practice](#) Accessed November 2020.

Exercise Physiology

The JCU Master of Clinical Exercise Physiology is a 1.5 year full time degree or part-time equivalent, and is **pending accreditation** by Exercise and Sports Science Australia (ESSA), with a view to graduates becoming eligible for ESSA professional membership on successful completion of the degree.

Accredited Exercise Physiologists specialize in clinical exercise interventions for persons at high-risk of developing, or with existing, complex medical conditions and injuries. Interventions may include health and physical activity education, advice and support, and lifestyle modification with a strong focus on achieving behavioural change⁴.

⁴Source: ESSA [What is an Accredited Exercise Physiologist?](#) Accessed November 2020.

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 insurers⁴.



Source: [Job Outlook](#) November 2020

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

- **Cardiopulmonary:** including hypertension, coronary artery disease, chronic heart failure, asthma, cystic fibrosis.
- **Metabolic:** including obesity, dyslipidaemias, impaired glucose tolerance, diabetes mellitus.
- **Musculoskeletal:** including osteoarthritis, rheumatoid arthritis, osteoporosis, sub-acute and chronic specific and non-specific musculoskeletal pain and injuries.
- **Neurological/neuromuscular:** including stroke, spinal cord injury, acquired brain injury, Parkinson's disease, multiple sclerosis and cerebral palsy.
- **Other:** including cancers, mental illness and conditions associated with aging⁵.

Accredited Exercise Physiologists

are employed in:

- 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 settings⁵

⁵Source: ESSA. [Accredited exercise physiologist scope of practice](#). Accessed November 2020.

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 expectations identified in your research, 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](#)
- [LinkedIn](#)
- [Indeed](#)
- [Jora](#)
- [Australian Job Search](#)
- [Queensland Health](#)
- [Queensland Government Jobs](#)
- [Australian Public Service APS Jobs](#)

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

Graduates may choose to establish their own business. Check the National Disability Insurance Scheme [NDIS](#) for eligibility to become a registered provider.

The Australian Fitness Academy's [Step by Step Guide to Starting a Fitness Business](#) is a useful starting point when considering establishing your own enterprise.

LinkedIn Career Path Data

The [JCU LinkedIn](#) page provides information on over 300 JCU alumni who have listed [Sports and Exercise Science](#) and over 350 JCU alumni who have listed [Exercise Physiology](#) within their LinkedIn profile.

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

Examples of employers listed in the LinkedIn profiles include Qld Health, QLD Department of Education, Townsville City Council, Telstra, Generation Health, Unison Health, Ramsay Health, KINNECT.

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, networking events, mentoring programs and 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 evidence that you possess the necessary skills and knowledge to competently perform the job.

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 are listed on:

- [FNQ Hospital Foundation \(Cairns\)](#)
- [Brighter Lives](#)
- [FNQ Volunteers](#)
- [Volunteering North Queensland](#)
- [Townsville Community Information Centre 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 e.g. 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 LinkedIn Learning. For free access [log in](#) via the JCU library website.