

## JOB DESCRIPTION

### Exercise Physiologist

#### ABOUT UNITING

**Our purpose:** To inspire people, enliven communities and confront injustice.

**Our values:** As an organisation we are **Imaginative, Respectful, Compassionate and Bold.**

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At Uniting, we believe in taking real steps to make the world a better place. We work to inspire people, enliven communities and confront injustice. Our focus is always on the people we serve, no matter where they are at in their life.

Our services are in the areas of aged care, disability, child and family, community services, and chaplaincy and we get involved in social justice and advocacy issues that impact the people we serve. As an organisation we celebrate diversity and welcome all people regardless of disability, lifestyle choices, ethnicity, faith, sexual orientation or gender identity. We commit to respecting children and take action to keep them safe.

Uniting is the services and advocacy arm of the Uniting Church NSW & ACT and as such Uniting leaders understand, support and can express the mission and purpose of the Uniting Church.

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#### ABOUT THE ROLE

##### Role Purpose

This role works across community and gym environment's client groups to design, deliver and evaluate therapy programs, care plans and facilitate individual and group exercise for people with acute, sub-acute or chronic medical conditions, injuries or disabilities (unhealthy individuals).

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#### ROLE KEY ACCOUNTABILITIES

You will be an integral member of the **Home and Community Care** team through the following:

- A key focus is supporting the development, implementation and review of the strength and balance programs in line with each client's needs and goals
- Responsible for maintaining the scope of practice for their profession and within the confines of their qualification.
- Maintain a high standard of conduct and work performance based on Uniting's values to promote our reputation with key internal and external stakeholders
- Ensure integration and collaboration across Uniting programs to deliver seamless and impactful end to end services with the customer at the centre
- Actively engage and participate in the performance management framework and review processes at Uniting
- Act in a manner which upholds and positively reflects the Uniting Code of Conduct and Ethical Behaviour

- Contribute to a culture of openness, feedback and productivity.
- Model communicate and act in ways that are consistent with our values of Bold, Respectful, Imaginative and Compassionate.
- Take care of the safety of yourself and others at all times and undertake work in a safe manner in accordance with policies, procedures and instructions (written or verbal) and in adherence to WHS policies and procedures.
- Actively contributes to a safe and supportive working environment that is inclusive of all staff through celebrating their nationality, cultural background, LGBTI status, abilities, gender and age.

As the **Exercise Physiologist**, your role specifically will:

- Screen, assess and evaluate a person's overall health to ensure safety and appropriateness of exercise and physical activity interventions, which includes conducting tests of physiological measures
- Evaluate a person health and create individualised exercise prescription to increase physical fitness, strength, endurance, and flexibility and for those with existing chronic and complex medical conditions and injuries
- Provide health education, advice and support to enhance health and well-being including nutritional advice in line with national nutrition guidelines and information on relevant prescribed medicines
- Develop exercise intervention, education and advice for those at risk of developing a chronic condition or injury and for patients in the acute/sub-acute stage of injury, surgical intervention, or during recovery to restore functional capacity and well-being
- Diagnose, assess and develop care plans for individuals and groups to promote a more independent lifestyle
- Be first point of contact for the gym where required i.e. billing and customer and gym enquiries
- Be the subject matter expert and provide guidance in delivery of service to Exercise Scientist and Personal Trainers
- Liaise with the Service Manager and external providers/agencies regarding the availability of resources, venues etc. for the provision of programs.
- Ensure support cost efficiency of programs and to support client participation in activity programs of interest with achievable goals.
- Manage care complaints with relevant stakeholders. Collaborate with the Service Manager on high risk care complaints or events
- Develop and administer group exercise classes in accordance with Seniors Gym guidelines.
- Liaise with healthcare professionals, such as GPs, nurses and occupational therapists to ensure detailed and specific care plans are formulated and monitored
- Liaise with residents/clients regarding activity costs and outcomes.
- Complete financial transactions and adhere to the organisation's accounts receivable processes and reporting requirements

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## ABOUT YOU IN THE ROLE

As a staff member of Uniting you will celebrate diversity and welcome all people regardless of lifestyle choices, ethnicity, faith, sexual orientation or gender identity.

**Your directorate:** Home and Community Care

**You'll report to:**

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## YOUR KEY CAPABILITIES

### Individual leadership

- **Improving performance** - Works with others and offers suggestions to find ways of doing the job more effectively.
- **Owning the job** - Takes ownership for all responsibilities and honours commitments within their own role and strives to achieve goals with a "can-do" attitude to levels of excellence.
- **Perseverance** - Remains committed to completing the job in the face of obstacles and barriers.
- **Timeliness of work** - Sets achievable timeframes and works to complete projects, tasks and duties on time.

### Business Acumen

- **Organisational Operation** - Displays awareness of Uniting's business objectives and understands how personal objectives relate to those objectives.
- **Organisational Objectives** - Has broad awareness of Uniting's vision and values and how they apply to issues in the team.
- **Develops and Grows the Business** - Understands team and organisational goals and works collaboratively with Team Members to achieve organisational goals.
- **Makes Sound Decisions** - Analyses problems, seeks input from relevant people and then takes appropriate action to implement the most effective solution in a timely manner.

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## QUALIFICATIONS & EXPERIENCE

### Qualifications:

- Tertiary qualification Exercise Science specialising in Exercise Physiology
- Accreditation with Exercise and Sport Science Australia (ESSA)
- Hold a valid First Aid and CPR certificates
- Current and unrestricted Australian Driver's Licence

### Skills and Experience:

- Experience in your field of expertise.
- Excellent verbal and written communication skills
- Sound and proficient organisational skills with strong time management
- The ability to build rapport and trust with clients and colleagues
- Proficiency in using computer applications including Microsoft office, and a willingness to learn new programs

### Even better:

- Experience working in aged care and community services environment.

Employee Name:		Manager's Name:	
Date:		Title	
Signature:		Date:	
		Signature:	