



## POSITION DESCRIPTION

<b>JOB TITLE</b>	<b>ACCREDITED EXERCISE PHYSIOLOGIST</b>
<b>DEPARTMENT</b>	<b>Health and Wellness Services</b>
<b>REPORTS TO</b>	<b>Allied Health Lead, Health &amp; Wellness</b>
<b>DIRECT REPORTS</b>	<b>Health &amp; Wellness Promoter</b>

### ROLE PURPOSE

This position is responsible for ensuring delivery of high quality health and wellness services to our customers. Key responsibilities include:

- To undertake holistic health and wellness assessments, screening and goal setting to identify assessed needs of each customer.
- To use best practice, evidence based tools to plan and deliver high quality individual and group exercise services tailored to customers assessed needs.
- To take a proactive approach to support and enable customers to access services that will maximise independence, improve and maintain their health, wellness and quality of life.
- Work as part of a multi-disciplinary team to support customers to access appropriate services that will support them to achieve their goals.
- To support the design and delivery of health literacy programs for new and existing customers.
- To support the design and delivery of health promotion programs.

### KEY RESPONSIBILITIES

KEY OUTCOMES	KEY ACTIVITIES
<b>Design And Deliver Exercise Programs</b>	<ul style="list-style-type: none"> <li>• Ensure consistent and quality delivery of all exercise programs.</li> <li>• To undertake holistic health and wellness assessments, screening and goal setting</li> <li>• To plan and deliver contemporary, evidence based group and individual exercise programs</li> <li>• Advocate on behalf of customers for access to opportunities that promote quality of life and personal fulfilment</li> <li>• Empower customers to set and achieve meaningful goals to improve their physical function and quality of life</li> <li>• To support delivery of early intervention programs that ensure customers at risk of frailty are identified early and supported to bounce back</li> </ul>
<b>Ensure High Quality, Health And Wellness Services</b>	<ul style="list-style-type: none"> <li>• Assess /audit programs against Key Performance Indicators</li> <li>• Commitment to continuous quality improvement</li> <li>• Ensure appropriate resources and support in place for programs</li> <li>• Coordinate and support assisting staff, students and volunteers as required</li> </ul>
<b>Health Promotion And Health Literacy Programs</b>	<ul style="list-style-type: none"> <li>• To support the development and delivery of health promotion activities targeting both new and existing customers</li> <li>• To support health literacy including development of education sessions, materials and strategies to improve customer health literacy.</li> </ul>

<b>Professional</b>	<ul style="list-style-type: none"> <li>● Maintain professional knowledge and skills and actively seek out continuous improvement opportunities</li> <li>● Maintain and develop external partnerships</li> <li>● Complete all required documentation and reports</li> <li>● Attend meetings and training as designated by Organisational Wellness &amp; Lifestyle Manager</li> <li>● Engage in inter-professional collaboration and foster positive working relationships with internal and external stakeholders</li> </ul>
<b>Safe Work Environment (WHS)</b>	<p>Personally work in a safe and healthy manner and take reasonable care to protect your own health and safety, and to avoid adversely affecting others including but not limited to:</p> <ul style="list-style-type: none"> <li>● Report for duty in a condition not adversely affected by alcohol or drugs to the extent that would endanger your own safety or the health and safety of others</li> <li>● As far as is reasonably possible, use equipment provided for WHS purposes, obey reasonable WHS instructions, comply with all SCC WHS policies, procedures, safe working instructions, specified work practices and associated WHS documents</li> <li>● Identify and report any work health and safety hazards/near miss incidents/injuries and maintenance/repair issues</li> </ul>

## PERSON REQUIREMENTS

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### Essential Requirements

#### Qualifications

- Must be an Accredited Exercise Physiologist registered with Exercise and Sports Science Australia

#### Experience

- Experience delivering health literacy to customers

#### Skills

- Well-developed technical skills to design, implement and evaluate safe and effective exercise interventions for older people.
- Well developed skills to monitor and take appropriate action regarding adverse signs and symptoms that may arise during exercise and/or recovery.
- Ability to teach, coach and motivate clients, using models of behaviour change, scientific evidence, clinical reasoning, and accounting for sociocultural and individual factors.
- Ability to assess a customers' health literacy and support learning through goal setting.
- Ability to identify best practice fitness program delivery and report to management
- Ability to rectify unsafe practices and maintain a safe working environment.
- Ability to maintain concise documentation.
- Ability to lead others and provide direction to staff, volunteers and students
- Ability to support the implementation of organisation of health promotion activities
- Application of healthy ageing approaches
- Ability to work autonomously, with minimal supervision.
- Strong organisational and time management skills.
- Proficient computer and keyboard skills and the ability to use Microsoft Office (Word, Excel, Outlook and in-house databases).
- Commitment to professional self-development in the field of clinical exercise.
- Ability to maintain positive working relationships with internal and external stakeholders

## Knowledge

- Broad knowledge and understanding of the effects of exercise interventions in managing chronic and complex clinical presentations.
- Knowledge and capacity to practise according to the ESSA Scope of Practice for AEPs and the ESSA Code of Professional Conduct and Ethical Practice.
- Understanding and knowledge of health promotion principles
- A basic knowledge of the requirements of the Aged Care Standards as are applicable to the role.

## Personal Attributes

- Ability to fit the work culture and a commitment to SCC's Values & "Better for life" model
- Ability to build positive relationships with residents and their representatives
- Commitment to work collaboratively as a positive and productive team member
- Demonstration of integrity, calmness and personal resilience
- Commitment to provide person centred customer service
- Commitment to work to the best of your ability
- Commitment to a problem solving approach to managing risks.

## Desirable Requirements

- Qualification and/or further study relating to exercise and oncology.

## STATEMENT OF ACCOUNTABILITY

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I have read, understand and accept the requirements of this position description, including but not limited to the obligation to:

- Work to and demonstrate commitment to SCC's "Better for life" model in everything I do
- Perform all duties and behave at all time in accordance with the SCC Code of Conduct
- Perform my duties to meet contemporary best practice professional standards applicable to my role
- Treat all residents, clients and their family and support persons, staff and volunteers with respect, dignity and good humour
- Participate in a performance review during the probationary period and at subsequent annual and as required reviews
- Exercise a duty of care and comply with other common law and regulatory requirements in the performance of my duties
- Work in a safe and healthy manner at all times
- Maintain privacy and confidentiality standards applicable to residents, clients and SCC
- Work to and promote SCC's approach to healthy ageing and person centred care
- Comply, as applicable, to all legislative and regulatory requirements including the Aged Care standards
- I commit to modelling SCC's values at all times:

<b>SERVICE</b>	Be the difference to people in our community, through your service, dedication and positive commitment to helping others.
<b>COURAGE</b>	Be the difference by having the courage to step out of your comfort zone to do what needs to be done and trusting in your teammates to do the same.
<b>COMPASSION</b>	Be the difference by working with compassion, a deep sense of empathy, concern and humanity towards others.

- I acknowledge that the duties of my role may change with duties added to, deleted or modified, and I may be required to do additional duties over those listed in this PD from time to time in line with the skills requirement of the role
- I understand the consequences of not adhering to the requirements of the position description may involve disciplinary action up to and including termination of employment.

YOU			
<b>Name</b>			
<b>Signed</b>		<b>Date</b>	

<b>Version No</b>	<b>Updated</b>	<b>Approved by</b>	<b>Date approved</b>	<b>HR Review date</b>	<b>HR Reviewer</b>
4	23/11/2021	Allied Health Lead, Health & Wellness			