

# Accredited Exercise Science Legacy Pathway

Application Guide

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## Contents

<b>Accredited Exercise Science Legacy Pathway</b> .....	3
Purpose .....	3
What is the AES Legacy Pathway? .....	3
Legacy Pathway Assessment.....	3
Legacy Pathway Experience Requirements .....	4
What can be counted as practice?.....	4
Work experience evidence .....	4
Examples of suitable evidence.....	5
I am self-employed, what evidence should I provide? .....	5
Legacy Experience FAQ's.....	6
Legacy Pathway Desktop Review .....	7
How to Respond to a Guiding Principle .....	7
Examples of Suitable Evidence.....	7
Reassessment Process .....	9
Appeals.....	9

# Accredited Exercise Science Legacy Pathway

## Purpose:

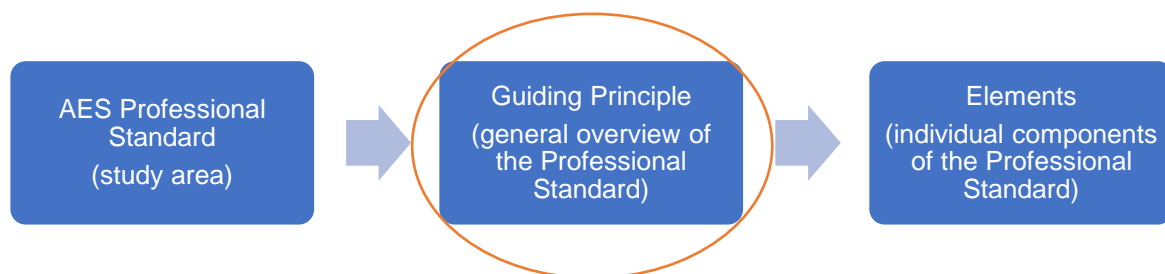
To provide a temporary, alternative pathway for Exercise Science Accreditation (AES) for individuals who have studied some time ago, and may not have the verified university evidence to apply via the non-accredited exercise science pathway.

## What is the AES Legacy Pathway?

The AES Legacy Pathway is an assessment of an individual's ability to meet the AES Professional Standards for Accreditation. The AES Professional Standards for Accreditation describe the minimum knowledge and skills, attitudes, and values to gain entry into and meet the ongoing minimum expectations of ESSA accreditation as well as to work across all areas of exercise science. The Standards also underpin pathways for Exercise Physiology and Sports Science accreditations with ESSA.

The legacy assessment is a desktop review of verified work experience and equivalent study at a bachelor's degree qualification or higher.

The desktop review assesses an applicant against the [AES Professional Standards for Accreditation](#) and requires responding to each Guiding Principle from the standards.



## Legacy Pathway Assessment:

The assessment of applications is a rigorous process that is integral to upholding the integrity of the ESSA accreditation.

ESSA requires a portfolio\* of evidence to address the work experience and Guiding Principle desktop review. If evidence of meeting the assessment is not clearly demonstrated applicants will be asked to supply further information for a reassessment to occur. A reassessment fee of \$55 may apply.

*\*For the purpose of this assessment, ESSA has defined a portfolio of evidence as: a collection of documents that an applicant compiles to demonstrate they have met the Guiding Principles.*

# Legacy Pathway Experience Requirements

The Legacy Pathway requires evidence of 3-years fulltime equivalent (FTE) experience within the exercise and sports science field\*.

*\*Activities from the full exercise and sport science scope can be accepted, and advanced and expanded scope if you have the additional relevant qualifications i.e. Exercise Physiology or Sports Science qualifications. You must upload a certified, official, final academic transcript to support your capabilities within the broader exercise and sport science scope.*

## What can be counted as practice?

Practice is as any role, whether paid or not, in which the individual uses their skills and knowledge as a practitioner in their profession.

### Practice includes:

- » The direct provision of services to clients and other activities using professional knowledge and skills in a direct clinical or non-clinical way.
- » Non-direct relationships with clients, such as working in;
  - Management,
  - Administration,
  - Education,
  - Research,
  - Advisory,
  - Regulatory, or
  - Policy development roles; and
  - Any other roles that impact on safe and effective delivery of exercise and sports science services.

**This definition is broad to capture the depth and breadth of exercise and sports science practice, however acceptable roles must use the expertise (i.e., knowledge and skills) of your ESSA accreditation.**

It is important to note that practice is not limited to seeing clients but includes a variety of other types of activities related to your professional scope of practice.

## Work experience evidence

ESSA will accept any form of reasonable, verified\* evidence that demonstrates the AES Legacy Work Experience requirements. This must address **ALL** the following points:

1. Evidence of number of hours **AND**
2. Evidence of relevant practice activities **AND**
3. \*Be independently verified. This can be by a person who can confirm the details provided (e.g., letter from employer) or the type of evidence itself may provide the verification (e.g. payslips, contract).

## Examples of suitable evidence:

Examples of evidence that can contribute to your portfolio of evidence are outlined. Please note this list is not exhaustive.



- » Detailed and signed letter\* from your appropriately qualified supervisor/colleague/ manager/employer which outlines:
  - Your roles and responsibilities,
  - Work undertaken with clients,
  - The duration of employment,
  - Approximate hours worked per week.



- » Detailed client case studies:
  - Verified by other supporting documents, as detailed in the “I am self-employed, what evidence should I supply” section below.



- » De-identified client case notes, client assessment results and/or client exercise programs.



- » Detailed logbooks
  - Suitable for applicants who are currently working and can provide evidence from their current work OR more recent graduates who completed practicum logbooks as part of their degree.



- » Position description describing roles and responsibilities.
- » Performance reviews.
- » Experience conducting a research study.
- » Awards for service to the industry.
- » Resources developed for the workplace (related to the field of exercise science).

*\*Examples of letters can be found on the ESSA [Recency of Practice](#) Webpage under the FAQ subheading “I am an employee working in exercise and sport science practice. What evidence should I provide?”*

## I am self-employed, what evidence should I provide?

You will need to provide a portfolio of evidence that confirms:

- » Hours, and
- » Activities, and
- » Some verification.

For example:

- » A self-written summary of your activities and how many hours you work + de-identified case records.
- » A self-written summary of your activities and how many hours you work + a copy of any contracts held.
- » A self-written summary of your activities and how many hours you work + letter from a colleague/staff member (e.g., clinic/medical centre/gym) confirming your work.

ESSA will consider any evidence that supports the Work Experience requirements.

## Legacy Experience FAQ's:

- » How many years/hours of work experience do I need to supply?
  - 3 years full time equivalent. We calculate this using the following formula:  
(37.5hrs per week x 48 weeks) x 3 years = 5,400hrs.
- » Can my experience come from multiple roles across multiple years?
  - Yes, the experience does not need to be in consecutive years.
- » Can my experience from 10 years ago be accepted?
  - Yes. Applicants will be required to also address recency of practice to be eligible for accreditation.
  - ESSA's recency of practice requirements request that individuals demonstrate:
    - 1000 hours of practice over the previous 5-year period and
    - No more than 3 years without practice.
  - As such, we recommend you supply evidence from the last 5years to address the experience requirements.
- » Can I supply experience from:
  - My work as a Biokineticist or Exercise Physiologist?
    - If you have the relevant tertiary qualification, this experience can be accepted.
  - My work as a Sports Scientist?
    - If you have the relevant tertiary qualification, this experience can be accepted.
  - My work as a Physical Education Teacher?
    - Experience that requires exercise and sports science degree knowledge, such as conducting strength and conditioning and coaching, can be accepted towards the experience requirements.
    - However, experience that mostly relies on teaching knowledge including classroom teaching and other curriculum-based activities, cannot be accepted towards the experience requirements.
    - You will need to clearly outline what percentage of your role was spent conducting activities within the scope of an AES.
  - My work as a Physiotherapist?
    - Experience within the scope of practice of an AES can be accepted towards the experience requirements.
    - However, experience within the full scope of practice of a Physiotherapist cannot be accepted towards the experience requirements, for example manual therapies.
    - You will need to clearly outline what percentage of your role was spent conducting activities within the scope of an AES.
  - My work as an academic, teaching into an Exercise Science degree or Exercise Physiology degree?
    - Yes, experience teaching into an Exercise Science or Exercise Physiology degree can be accepted towards the experience requirements.

# Legacy Pathway Desktop Review

The Legacy Pathway requires that individuals provide written responses and a portfolio of evidence to address each Guiding Principle from the [AES Professional Standards for Accreditation](#).

## How to Respond to a Guiding Principle

1. Review the [AES Professional Standards for Accreditation 2020](#).
2. Describe how you have met the Guiding Principle referencing your portfolio of verified evidence.
  - a. Written responses should be specific, be approximately 200-250 words long, and include:
    - i. What activities you completed,
    - ii. Who you completed these activities with,
    - iii. How this experience demonstrates that you have met the Guiding Principle.
3. Provide a portfolio\* of de-identified, verified evidence to support your written response.

*\*For the purpose of this assessment, ESSA has defined a portfolio of evidence as: a collection of documents that an applicant compiles to demonstrate they have met the Guiding Principles.*

## Examples of Suitable Evidence:

Below is a list of examples of primary evidence, please note this list is not exhaustive.



- » Verified Work Experience
  - Reference letters, position descriptions, contracts AND
  - Examples of practice (de-identified case notes, client programs, reports) AND
  - A written explanation of how the evidence addresses the Guiding Principle.



- » Verified Communications
  - i.e. de-identified emails, reports, meeting minutes, case conferences with clients/referrers/coaches/multidisciplinary team discussing client/patient/athlete journey AND
  - A written explanation of how the evidence addresses the Guiding Principle.



- » Verified Research or Publications
  - Peer reviewed journals articles written by the applicant, PhD thesis AND
  - A written explanation of how the evidence addresses the Guiding Principle including the roles and responsibilities in the study.



- » Verified Practicum Experience
  - i.e. logbook/RSE from university degree AND
  - A written explanation of how the evidence addresses the Guiding Principle.



- » Module Guides/unit outlines/syllabus for university units completed and passed, noting the document should be from the year the applicant completed and passed the requirements.
- » Thesis, research studies, or publications from master's by research or PhD.
- » Official letter from university to verify study content completed and passed, including learning outcomes.



- » Academics may supply an official, signed letter from the university to confirm that they have taught into a bachelor's degree or higher. The letter should include:
  - The applicant's role in teaching i.e. created content for and lectured, lectured for whole unit, guest lectured and/or tutored some weeks,
  - Include the unit outline or module guide for the unit taught,
  - Acknowledge that the applicant had the required knowledge to teach the unit.

**Below is a list of examples of supplementary\* evidence, please note this list is not exhaustive.**



- » Letters of support from colleagues or clients AND written examples of *how* the applicant applied what is stated in the letter.



- » Professional development – should be verified/peer reviewed
  - Please note a self-assessment tool must be completed and supplied with all professional development external to ESSA

- You can find the self-assessment tool on the [ESSA Continuing Professional Development Webpage](#).



- » Articles/blogs written by applicant to educate clients, athletes, public i.e. MOVE articles, website blogs, information sheets/fact sheets
  - Please supply a copy of the article/blog written AND a written response to explain the purpose and context.

*\*Supplementary evidence can be a **maximum 49%** of evidence portfolio.*

#### **ESSA will not accept:**



- » Any evidence or response that contains identifiable information, including:
  - First names, full names, addresses, or any other information that may enable the client, athlete or other service user to be identified.
- » Study units not completed by the applicant.
- » Information from study below a bachelor's degree, unless listed above.



## Reassessment Process:

If evidence of meeting the assessment is not clearly demonstrated, you will be asked to supply further information for a reassessment. A reassessment fee of \$55 may apply.

- » One reassessment is offered.
- » Applicants have 30 business days to compile additional evidence.
- » Upon resubmission of documents and payment of the reassessment fee, the assessment will be added to the assessment queue.
- » Assessments will be reviewed in order of date of receipt, please allow at least 45-60 business days.
- » There is no ability to fast track reassessments.

## What to do if my Assessment is Declined?

Applicants with a 'not yet met' outcome, may reapply after gathering new, suitable evidence to address the outstanding requirements.

### Appeals

The standards and processes for assessment and recognition of qualifications are established and maintained by the Standards Council and the Accreditation Council. Accreditation outcomes that have been finalised by ESSA as declined may be appealed.

All appeal applications must be in writing using the Appeal Application form, which is available upon request by contacting [applications@essa.org.au](mailto:applications@essa.org.au). Applications should be submitted and must be received by ESSA within 30 working days of ESSA sending formal written notification of the outcome.