ACCREDITED SPORTS SCIENTIST LEVEL 1 (ASpS1) PROFESSIONAL STANDARDS (2019) ASSESSMENT

The [ASpS Level 1 Professional Standards for Accreditation](https://www.essa.org.au/Public/Professional_Standards/The_professional_standards.aspx) 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 Sports Science. The Standards also underpin pathways for ASpS Level 2 and High Performance Manager accreditations with ESSA.

The ASpS Level 1 Professional Standards Assessment is adesktop review of a portfolio of evidence from relevant higher education study or work experience within the scope of practice of an ASpS.The evidence provided for the assessment must be:

1. Specific to the standard and within the [scope of practice](https://www.essa.org.au/Public/Professional_Standards/ESSA_Scope_of_Practice_documents.aspx) of an ASpS**,**
2. Include specific examples from study or work experience within the scope of practice of an ASpS

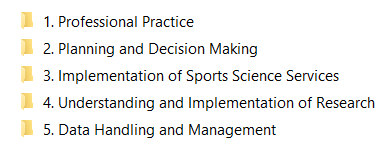
The assessment of applications against the Standards is a rigorous process that is integral to upholding the integrity of the ESSA accreditation. If evidence of meeting the standards is not clearly demonstrated, you will need to provide further information for a reassessment. Please note, a reassessment fee of $55 may apply.

# How to successfully complete this form

1. Carefully read the full form and identify how your work or university study meets the standards.
2. Address **ALL** elements by writing a response in the box as shown in the example below including:

* How you have met the element, and
* Listing a **maximum 3 pieces** of supporting evidence that confirms your response

1. Save your compiled evidence in the format shown in Figure 1.
2. Upload your evidence to an online storage platform (i.e., Dropbox, Google Drive, etc.)
3. Share the link to your evidence with [applications@essa.org.au](mailto:applications@essa.org.au) when you submit the application form.



*Figure 1: Recommended structure for evidence submission*

# **Tips to assist you**

1. The applicant must demonstrate *how* they meet each element.
2. If the element states ‘within the sports setting’ then the applicant must show evidence that directly relates to practice within a sport or occupational athlete setting to address the element.
3. We have included examples of suitable evidence for each element. Please note the acceptable evidence is **NOT** limited to these examples.
4. The Record of Student Engagement Form can be referenced throughout your assessment with specific examples demonstrating *how* you have applied the elements.
5. If you have any further questions relating to the ASpS1 Professional Standards Assessment, please feel welcome to email [assessments@essa.org.au](mailto:assessments@essa.org.au) or book a call with our Assessors here: [Assessor call](https://www.essa.org.au/Public/APPLY_NOW/Accreditation/Sports_Science_Accreditation.aspx).

**Types of Suitable Evidence to Address the ASpS1 Professional Standards**

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| **Example Essential Evidence:** |
| * \*Deidentified examples from work experience within the scope of an ASpS:   + Written response giving specific examples addressing elements, with case notes as supporting evidence;   + Athlete testing, data collection and analysis with a written interpretation;   + Interventions created, recommended or informed by the applicant;   + Research conducted to inform best practice, determine validity, reliability, safety and efficacy of protocols or interventions;   + Examples of communication with service users i.e. reports, Whatsapp messages, email threads;   + Standard Operating Procedures, flow charts or logs for equipment calibration/ maintenance;   + Meeting minutes showing colleagues present and the applicants role;   + Fact sheets or educational material created for service users. * Examples of professional development completed as part of work within the scope of an ASpS:   + Sports Integrity Australia online learning modules;   + ESSA Professional Development Webinars;   + Sports First Aid Training;   + Worksite or laboratory induction/safety orientation. * Activities within an industry imbedded Sport Science PhD including:   + Ethics applications/agreements;   + Fieldwork with athletes including data collection and analysis, recommendations for and delivery of interventions;   + Research specifically relating to athletes or sport science interventions;   + Studies completed with athletes;   + Publications specially relating to athletes or sport science interventions. * Verified higher education coursework evidence such as\*\*:   + Detailed subject/unit outlines;   + Lecture slides;   + Copies of assignments;   + Assessment task sheets;   + Laboratory manual/handouts. |
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| **Supplementary Evidence\*\*\*:** |
| * Completed [Record of Student Engagement forms](https://www.essa.org.au/Public/Apply/Templates_Example_Supervisor_Forms_and_Logbooks_and_Practicum/Public/APPLY_NOW/Templates__Example_Supervisor_Forms_and_Logbooks_and_Practicum_Guides.aspx?hkey=a7d866cd-654b-4c7f-bda9-9f380a94ad9f) with specific examples of how the applicant has demonstrated the standards on site * Employment Code of Conduct and Policies:   + Anti-discrimination, Equal Opportunity, Work Health and Safety policies with a written response demonstrating *how* you understand and abide by these policies. * Detailed employer reference letters:   + Letters should be specific and include *how* the applicant has demonstrated that element. |
| **ESSA will not accept:** |
| * Higher education coursework evidence that has not been verified\*\* * Plagiarised evidence * Illegible photos/images * Evidence external to scope of practice for ASpS1 |

**\*All evidence supplied must be de-identified. Any evidence not de-identified, will not be assessed. \*\*Verified evidence is information that has been independently confirmed by an external party such as a university, or supervisor.  
\*\*\*Supplementary evidence must not make up the more than 49% of your evidence.**

**Example of a completed element**

* 1. Exhibits duty of care towards, and prioritisation of the interests of, service users in the delivery of Sports Science services.

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| (Applicant response) Whilst working with A-league football team, I was responsible for completing athlete wellness checks. This included taking objective measures such as athlete wellness measures and monitoring resting heart rate responses. If an athlete was deemed not fully recovered, I communicated this information to the coach and recommended a reduced training intensity/load or rest day for the athlete.  Supporting Evidence:   * Folder 1: Professional Practice > Athlete wellness questionnaire and resting heart rate responses * Folder 1: Professional Practice > Coach communication. |

**Standard 1 – Professional Practice**

The focus of this standard is on demonstrating an understanding of the sports science framework. The applicant needs to demonstrate an understanding of evidence-based practice, ethical considerations, legislated requirements, codes of professional conduct, service delivery setting, and professional obligations.

| Elements | Written response and supporting evidence |
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| * 1. Demonstrates an understanding of the ethical boundaries of the Sports Science profession. | Examples of acceptable evidence may include:   * Ethics agreements where the applicant is the primary researcher; * Certificate of completion of a Sports Integrity Australia ethics course; * Case study demonstrating the applicant understands ethical boundaries within the sports science profession. |
| * 1. Exhibits duty of care towards, and prioritisation of the interests of, service users in the delivery of Sports Science services. | Examples of acceptable evidence may include:   * Case study demonstrating the applicant has exhibited duty of care towards an athlete AND prioritised the interests of the service user examples may include:   + Objective measures of athlete wellbeing and recommendations based on the results;   + Evidence of following concussion protocols;   + Examples of escalating comments made by children relating to safety/protection;   + Data protection strategies implemented;   + Assessment/Analysis/Performance outcomes;   + How the study/intervention benefits the service user or help performance and safety. |
| * 1. Demonstrates the use of testing procedures, calibration procedures and basic equipment maintenance in sports settings. | Examples of acceptable evidence may include:   * Calibration roster that shows the applicants name AND written response outlining the steps involved in calibrating the equipment; * Evidence of completing an assessment (e.g. VO2max testing) including calibration AND a written response outlining the steps involved in calibrating the equipment. |
| * 1. Demonstrates and understands the use of legislated health and safety requirements in both laboratory and field settings. | Examples of acceptable evidence may include:   * Written response outlining understanding of the differences of application of health and safety requirements in laboratory AND field settings; * Laboratory induction AND/OR field-based health and safety module/certificate/induction/setting specific first aid training; * Lab OR field protocols that apply to the applicant’s practice setting and how they are used in practice (ethics approval) e.g., handling/storing samples. |
| * 1. Practises Sports Science in a multidisciplinary service environment that includes other professionals, support staff, and service users and, when relevant, their relatives and carers. | Examples of acceptable evidence may include:   * Email communication within a multidisciplinary team; * Multidisciplinary team meeting minutes; * Deidentified case studies demonstrating engagement with others; * Organisation chart. |
| * 1. Applies appropriate communication techniques in interactions with service users, colleagues and other health professionals | Examples of acceptable evidence may include:   * Example showing the difference in communication styles between a professional (e.g. doctor) and an athlete/parent/carer; * Report created for an athlete AND report created for a coach. |
| * 1. Practises as a Sports Scientist in a culturally sensitive, inclusive and non-discriminatory manner. | Examples of acceptable evidence may include:   * Pre-employment anti-discrimination and cultural awareness modules; * Evidence of applying culturally appropriate assessment techniques; * Written case study highlighting when the applicant applied inclusive and non-discriminatory practice. |
| * 1. Proposes information to support service users to make informed decisions | Examples of acceptable evidence may include:   * Collecting and analysing objective measures, and communicating the analysis and/or recommendations to the service user (e.g. coaching staff); * Testing junior athletes for the purposes of talent ID with communication of the results; * Letters/reports written to service users following collation of research with a summary of findings and recommendations; * Publication authored by the applicant that includes recommendations on how the research could applied. |

## Standard 2 – Planning and Decision Making

The focus of this standard is analysing service user needs and using this to inform practice. The applicant needs to demonstrate how they plan, assess, monitor and document decisions.

| Elements | Written response and supporting evidence |
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| * 1. Employs principles for safe and effective practice to improve service user performance and/or reduce injury risk in a sports setting. | Examples of acceptable evidence may include:   * Implementing a sports science intervention that research shows will improve performance and/or reduce injury; * Undertaking assessments/analysis to identify injury risks and/or performance needs; * Research conducted with recommendations made to the coaching team to improve performance and/or reduce injury. |
| * 1. Analyses the demands of the sport and the capabilities of the athlete. | Examples of acceptable evidence may include:   * Case studies/assignments/research papers demonstrating analysis of a sport and linking this to athlete assessment/analysis e.g. why is total distance, high speed, distance/min, etc important AND how does this compare with the athletes testing data. |
| * 1. Evaluates the safety, efficacy and appropriateness of new technology and Sports Science testing protocols prior to the induction into practice. | Examples of acceptable evidence may include:   * Validation papers read and evaluated prior to implementation of new technology or protocols; * Collection and use of reliability data on athlete testing; * Discussion between the multidisciplinary team on the appropriate testing order or protocols. |
| * 1. Provides feedback or recommendations to improve performance for service users within multidisciplinary sports settings, which improves the effectiveness of the coach and athlete in training and competition. | Examples of acceptable evidence may include:   * Deidentified case study including:   + Collection of data,   + Data analysis,   + Interpretation of data,   + Recommendations made to the multidisciplinary team based on the interpretation of the data where possible. |

## Standard 3 – Implementation of Sports Science Services

The focus of this standard is on safe delivery of a sports science service. The applicant needs to demonstrate how they deliver services that meet the service users’ needs, and are based on scientific evidence and methodologies.

| Elements | Written response and supporting evidence |
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| * 1. Evaluates critically the efficacy of implemented interventions. | Examples of acceptable evidence may include:   * Initial athlete testing 🡪 Intervention 🡪 post-intervention/reassessment testing to evaluate the effect of the intervention; * Publications authored by applicant demonstrating discussion of interventions/protocols. |
| * 1. Employs logical and systematic problem-solving techniques. | Examples of acceptable evidence may include:   * Multilayered communications to resolve issues; * Communication with other professionals to resolve issues e.g., discussion with physio regarding appropriate return to sport protocols; * Deidentified case study demonstrating the applicant has identified an issue, conducted research and implemented a solution. |
| * 1. Translates applicable investigation and research information to stakeholders. | Examples of acceptable evidence may include:   * Publications, conference papers etc authored by applicant demonstrating discussion of translation/application to practice; * Fact sheets translating research for athletes; * Communication of PhD study outcomes. |
| * 1. Delivers or recommends evidence-based interventions to achieve the performance goals of service users in sports settings. | Examples of acceptable evidence may include:   * Deidentified case study demonstrating how the applicant has used evidence from the literature or experts within the field, to deliver or recommend sports science assessments/interventions; * Adjustment of sport science assessments/interventions based on advice from experts within the field; * Range of evidence referenced and used to inform/recommend sports science assessments/interventions. |

## 4. Understanding and Implementation of Research

The focus of this standard is evidence-based practice. The applicant needs to demonstrate how they collect and interpret data, formulate desirable outcomes, translate, and apply research outcomes into sports settings.

| Elements | Written response and supporting evidence |
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| * 1. Selects appropriate evidence relevant to Sports Science practice from a range of sources. | Examples of acceptable evidence may include:   * Research from a number of journal articles relevant to the sports science assessment/intervention; * Adjustment of a sports science assessment/intervention based on advice from a multidisciplinary team; * Research conducted relevant to PhD studies. |
| * 1. Applies a range of valid and reliable methods, tools and techniques relevant to Sports Science practice. | Examples of acceptable evidence may include:   * Journal articles read to determine if methods/tools/techniques proposed to use are valid and reliable; * University or PhD assignment outlining the reliability and validity of methods/tools/techniques used. |
| * 1. Assesses collected data critically to determine its validity and reliability. | Examples of acceptable evidence may include:   * Assessing data sets and removing outliers; * Data analysis through research studies. |
| * 1. Translates research outcomes into evidence-based practice | Examples of acceptable evidence may include:   * Adjustment or prescription of a sports science assessment/intervention based on the literature; * Communication of research findings to stakeholders, with recommendations for future practise. |

## Standard 5 – Data Handling and Management

The focus of this standard is safe collection, use, storage and disclosure of data. The applicant needs to demonstrate how they handle data and communicate data effectively.

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| Elements | Written response and supporting evidence |
| * 1. Assesses data critically to identify meaningful effects. | Examples of acceptable evidence may include:   * Analysis of data identifying a significant change between testing timepoints; * Publications primarily authored by the applicant; * Review of data sets with email or report to service user interpreting the results. |
| * 1. Uses data to evaluate and develop programs for service users. | Examples of acceptable evidence may include:   * Analysis of assessments that informs future assessment needs/plans; * Analysis of data to inform service delivery; * Comparing pre- and post-training block testing to evaluate the effectiveness of the program, then use this information to inform the next training block; * Reviewing data, comparing to normative or goal data and recommending or implementing program changes to improve the athletes’ results. |
| * 1. Translates the outcomes of data analysis into meaningful information for service users and other relevant stakeholders. | Examples of acceptable evidence may include:   * Report to service user that includes interpretation of data; * Email communication between multidisciplinary team demonstrating communication of results; * Posters summarising and interpreting research findings into a user-friendly tool. |
| * 1. Applies confidentiality and privacy legislation, to information of service users | Examples of acceptable evidence may include:   * Examples of informed consent protocols/forms; * Workplace policies and procedures that explains how data is collected, how it is stored and who can access it; and how this is communicated to service users; * Examples of how service user information has been collected, stored and disclosed to ensure privacy; * Evidence of work induction training that includes confidentiality, privacy legislation; * Higher education unit or ethics agreement that covers confidentiality and privacy legislation. |