ACCREDITED SPORTS SCIENTIST LEVEL 2 (ASpS2) PROFESSIONAL STANDARDS (2019) ASSESSMENT

The [ASpS Level 2 Professional Standards for Accreditation](https://www.essa.org.au/Public/Professional_Standards/The_professional_standards.aspx) describe the minimum knowledge, skills, attitudes, and values expected of an individual to gain entry into and meet the ongoing minimum expectations of ESSA accreditation and to practise lawfully, safely and effectively as a Sports Scientist. The Standards also underpin the pathway for High Performance Manager accreditations with ESSA.

The ASpS Level 2 Professional Standards Assessment is adesktop review of a portfolio of evidence from 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 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 when you submit the application form.

*Figure 1: Recommended structure for evidence submission*

# **Tips to assist you**

1. Evidence supplied must be from work or university study within the sports science [scope of practice](https://www.essa.org.au/Public/Professional_Standards/ESSA_Scope_of_Practice_documents.aspx).
2. The applicant must demonstrate *how* they meet each element.
3. 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.
4. We have included examples of suitable evidence for each element. Please note the acceptable evidence is **NOT** limited to these examples.
5. If you have any further questions relating to the ASpS2 Professional Standards Assessment, please feel welcome to email 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).

**Example of a completed element**

* 1. Demonstrates advanced knowledge and training in chosen Sports Science domain.

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| (Applicant response) From 2015-2019 I completed my PhD in Performance Analysis. Following this, I was employed as a Performance Analyst, then a Senior Performance Analyst at x A-league football team. In this role I am responsible for upskilling other Sports Scientists and Performance Analysts. My responsibilities include staying up to date with the current advancements in technology, techniques and tools and then sharing this knowledge to upskill our team. Supporting Evidence:* Element 1 > Presentation (presentation authored by the applicant for the SSSM team)
* Element 1 > Position Description outlining role in upskilling the Sports Science team
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**Types of Suitable Evidence to Address the ASpS2 Professional Standards**

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| **Example Essential Evidence:** |
| * \*Deidentified examples from work experience within the scope of an ASpS:
	+ Written response or case study giving specific examples addressing elements + supporting evidence. For example, case notes, program adjustments, email communications, research conducted;
	+ Athlete testing, data collection, analysis, and recommendations with a written interpretation translating the data appropriate to the audience;
	+ Interventions or protocols appraised, evaluated, recommended or informed by the applicant;
	+ Meeting minutes showing presenter details and the applicant’s role (i.e. attendees, presenter, chair);
	+ Fact sheets or educational material created by the applicant for service users.
* Activities within an industry-embedded Sport Science PhD including:
	+ Fieldwork with athletes including data collection and analysis, recommendations for and delivery of interventions;
	+ Research conducted that critically appraises, evaluates and advises on new and emerging evidence, technologies or techniques;
	+ Publications by the applicant on work with athletes to determine internal or external factors that influence performance.
* 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\*\*\*:** |
| * Employment Position Description:
	+ The position description must be accompanied by a written response or case study demonstrating *how* the applicant has applied that competency.
* Detailed employer reference letters:
	+ Letters should be specific and include *how* the applicant has demonstrated that element.
	+ Case studies to expand on the reference letter (where relevant).
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| **ESSA will not accept:** |
| * Plagiarised evidence
* Illegible photos/images
* Evidence external to scope of practice for ASpS2.
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**\*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.**

**Level 2 – Standards of Professional Practice**

A Level 2 Accredited Sports Scientist demonstrates specialised knowledge and skills in Sports Science that are applied in the subdisciplines of Sports Science, including Performance Analysis, Skill Acquisition, Sports Biomechanics, Sports Physiology, and Strength Science.

| **Element** | Written response and supporting evidence |
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| 1. Demonstrates advanced knowledge and training in chosen Sports Science domain.
 | Examples of acceptable evidence may include: * PhD thesis;
* Evidence of sharing information on the relevant sports science domain with groups i.e., briefing papers, communications, conference presentations.
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| 1. Applies the principles of leadership to guide advancements in sports and sports programs.
 | Examples of acceptable evidence may include: * Evidence that demonstrates that the applicant is communicating with other professionals to work towards a set goal/deadline/outcome;
* Reference letter signed by the employer stating applicant’s leadership role, to whom, *how* applicant displayed leadership principles, and what outcomes have been achieved;
* Examples of task delegation and how this contributed to advancement;
* Evidence of leadership courses attended + case study demonstrating how learnings were applied in practice.
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| 1. Demonstrates the ability to support and mentor SSSM colleagues, program staff, new graduates, and emerging Sports Scientists.
 | Examples of acceptable evidence may include: * Letter/case study/self-written explanation of the applicant’s mentorship/ support provided, who to and how.
* Letter from a university to verify collaboration with internship students;
* Evidence of professional development delivered by the applicant to the SSSM team;
* Evidence of sharing information on discipline knowledge with groups such as briefing papers, communications, and minutes of meetings.
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| 1. Critically appraises, evaluates, and advises on new and emerging evidence, technologies and techniques to recommend/design evidence-based protocols to effect changes in performance.
 | Examples of acceptable evidence may include: * Interventions or protocols appraised, evaluated, recommended or informed by the applicant;
* Research conducted to inform best practice and a case study to demonstrate what change occurred;
* A written response or case study with links to literature demonstrating a critical evaluation of technology and techniques, for incorporation into programs;
* Evidence of sharing information to improve best practice e.g., briefing papers, communications, minutes of meetings.
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| 1. Evaluates internal and external factors that influence performance in sports settings.
 | Examples of acceptable evidence may include: * Self-written explanation of how internal and external factors have influenced choice of programs;
* Communications to service users/colleagues demonstrating data review and recommendations based on the results.
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| 1. Demonstrates collaboration with SSSM colleagues and program staff to improve the effectiveness of the athlete, coach and team in training and competition.
 | Examples of acceptable evidence may include: * Examples of how athlete data has been gathered from the SSSM team and used;
* Meeting minutes or email communication with the SSSM team with a case study to demonstrate collaboration and actions;
* Examples of program adjustments made based on feedback from the SSSM team i.e., discussions to move pre-match meal to support better performance.
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| 1. Appraises training programs and interventions including implementing monitoring systems that assess positive/negative adaptations and performance outcomes.
 | Examples of acceptable evidence may include: * Evidence of monitoring and adjusting training regimes according to the response seen;
* Evidence of monitoring athlete welfare, assessing the impact of training activities i.e., analysis report to colleagues of 24hr records;
* Review of athlete data and creation of annual reports or reports to colleagues to evaluate the intervention or monitoring system used.
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| 1. Engages with research and development (R&D) and/or innovation projects.
 | Examples of acceptable evidence may include: * Communication between PhD students and supervisors about the research project;
* PhD thesis;
* Publications authored with an explanation of involvement.
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| 1. Demonstrates the ability to work with others with wide ranging views to constructively solve complex problems.
 | Examples of acceptable evidence may include: * Meeting minutes + a case study to explain how this meeting was used to collaborate and determine an appropriate solution to a complex problem;
* Email communication demonstrating multiple views and problem-solving;
* Reference letter signed by the employer with a case study explaining a specific situation.
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