HIGH PERFORMANCE MANAGER (SPORTS SCIENCE/SPORTS MEDICINE)
Level 2 Accreditation Application Guide
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Part 1 - Preface

ESSA credentials Accredited Sports Scientists at two levels, Level 1 and Level 2. This document sets out the framework for assessing individuals against the ESSA Sports Scientist Professional Standards for credentialing as a Level 2 ESSA Accredited Sports Scientist and a Level 2 ESSA Accredited High Performance Manager.

The Level 2 Accredited Sports Scientist Professional Standards build on the underpinning Level 1 Accredited Sports Scientist Professional Standards. At Level 1, the Accredited Sports Scientist is credentialed against the ESSA Accredited Sports Science professional standards 1-6 and if successful is deemed to have substantiated meeting the minimum requirements to practice lawfully, safely and effectively as a sports scientist. At Level 2, the Accredited Sports Scientist is deemed to have advance knowledge, skills and expertise in sports science that is applied across subfields including Sports Physiology, Sports Biomechanics, Skills Acquisition, Strength Science and Performance Analysis. At Level 2, the Accredited Sports Scientist is credentialed against the ESSA Level 2 Accredited Sports Science professional standards and if successful is deemed to have substantiated meeting the minimum requirements for credentialing at this level.

ESSA also offers a Level 2 Accredited High Performance (Sports Science/Sports Medicine) Manager for those with advance knowledge and skills in their area of expertise.
ESSA Exercise Science (ES) accreditation
Substantiation of qualification
Substantiation of 140 hours supervised practicum
Assessment against ES Standards

Undergraduate Study
Exercise, sports & movement science, Australian Quality Framework (AQF) Level 7 (3 year bachelor degree) (NUCAP/non-NUCAP)

ESSA Exercise Science (ES) accreditation
Substantiation of qualification
Substantiation of 140 hours supervised practicum
Assessment against ES Standards

360 hours sports science professional experience
(Supervised by suitable supervisors and/or assessors for Level 1 Accredited Sports Scientist accreditation)

ESSA Level 1 Sports Scientist accreditation
Assessment against Accredited Sports Scientist professional standards (1 to 6)

Recognition as ESSA Level 1 Accredited Sports Scientist

Accredited Sports Scientist - Pathway 1

Graduate Study
AQF Level 8 – honours degree (Research)
AQF Level 9 – masters degree (Course work)

3 years FTE professional experience
(Supervised by suitable Level 2 Accredited Sports Scientist in one or more subfields - sports biomechanics; sports physiology; skill acquisition; strength science; performance analysis)

ESSA Level 2 Accredited Sports Scientist accreditation
Assessment against Level 2 Accredited Sports Scientist professional standards

Recognition as ESSA Level 2 Accredited Sports Scientist

Accredited Sports Scientist - Pathway 2

Graduate Study
AQF Level 9 – masters degree (Research or Course work) relevant to sports science practice

5 years FTE sports science professional experience in one or more subfields (sports biomechanics; sports physiology; skill acquisition; strength science; performance analysis)

ESSA Level 2 Accredited Sports Scientist accreditation
Substantiation of qualification
Assessment against Level 1 Accredited Sports Scientist Professional Standards (1 to 6);
Assessment against Level 2 Accredited Sports Scientist Professional Standard

Recognition as ESSA Level 2 Accredited Sports Scientist

High Performance Manager (Sports Science/Sports Medicine) Pathway

Undergraduate Study
Exercise, sports & movement science, AQF Level 7 (3 year bachelor degree) (NUCAP/non-NUCAP)

Undergraduate health degree related to exercise or human movement

Professional experience; practising as Level 2 Accredited Sports Scientist for at least 5 years FTE in a high performance setting

ESSA Level 2 Accredited High Performance (Sports Science/Sports Medicine) Manager accreditation
Substantiation of qualification
Assessment against Level 1 and 2 Accredited Sports Scientist Professional Standards
Assessment against High Performance Manager Professional Standards

Recognition as ESSA Level 2 Accredited High Performance (Sports Science/Sports Medicine) Manager

Recognised as ESSA Level 2 Accredited High Performance Manager – Application Guide
Part 2 - Important terminology

2.1 Service user

This document uses the term “service user” to reflect the range of people who use the services of a sports scientist. They must be on the elite/high performance/ Australia’s Winning Edge/ professional pathway. They are in a competitive sporting structure and include:

- individual athletes (able-bodied and para-athletes)*
- teams
- youth to masters athletes (along the high performance pathway)
- schools
- coaches
- high performance managers

Note: * where possible, the sports scientist should demonstrate exposure to providing services for both able-bodied and para-athletes.

2.2 Practice

This document uses the term “practice” to describe work undertaken by the sports scientist for the purpose of demonstrating competence against the required standard. Whether remunerated or not, practice is where the individual uses their skills and knowledge as a sports scientist within the ESSA defined Scope of Practice for Sports Scientists. For the purpose of accreditation, practice activities are restricted to direct servicing, and research and program management. Administration and policy development roles are not included in sports science practice.

2.3 Cultural diversity

Given the cultural diversity in the Australian community, the sports scientists need to have an awareness of cultural diversity to enable them to shape and deliver their services in a culturally aware and sensitive manner.

Considerations include:

- belief/attitudes towards healthcare
- attitudes towards pushing the boundaries of performance
- preference/requirement for practitioner gender
- differences in modesty, attitudes and values to exposing their skin
- religious practices or customs that may impact on performance and/or assessment results (e.g. Ramadan)

2.4 Setting

Sports science services can be provided in a variety of settings:

- institutes or academies of sport
- professional clubs
Part 3. Accredited High Performance Manager Pathway to Accreditation

3.1 Meeting the Standards

To be granted recognition as a Level 2 ESSA Accredited High Performance Manager, the applicant must fulfil the following requirements:

Level 2 – Accredited High Performance Manager

To be granted recognition as an ESSA Level 2 High Performance Manager, the applicant must fulfil all of the following requirements:

- A professional qualification in exercise, sports or movement science, or in health/allied health, at AQF Level 7 (or an international equivalent) leading to the award of a 3-year bachelor degree.
- Demonstrated evidence of meeting the Level 1 ESSA Accredited Sports Scientist Professional Standards (Standards 1 to 6).
- Demonstrated evidence of meeting the Level 2 ESSA Accredited Sports Scientist Professional Standards (High Performance Management).
- Demonstrated evidence of practising the profession of Level 2 Sports Scientist (or equivalent) for at least 5 years full time equivalent (FTE) (9000 hours) in a high-performance setting.

3.2 Suitable Supporting Evidence

To meet the Level 2 Accredited High Performance Manager Professional Standards, the applicant is required to substantiate that they have worked in one or more relevant sporting environments, one which has provided them with training and industry experience relevant to the ESSA Accredited High Performance Manager Professional Standards.

Substantiation of competence against the ESSA Level 2 Accredited High Performance Manager Professional Standards may be demonstrated in different ways and using a variety of supporting evidence. The competency form lists a number of competence indicator statements for each element. You do not need to provide evidence from ALL of the examples listed below. ONLY provide examples of evidence you feel best demonstrate the competency. The same example can also be used for different competencies. Professional competence is assessed against the framework of suitable supporting evidence outlined in the Competency Sign off Sheets. Supporting evidence can include:

- national sports organisations
- state teams
- local teams
- private businesses
- schools

Note: Where tests are conducted as part of an assessment and/or intervention they should be demonstrated in a laboratory or field setting (whichever is appropriate).
• university testamur, statements of attainment, certificates of attendance
• scientific reports, scientific protocols, case studies, and presentations
• references from previous and current employers, service users and/or self-reflection statements
• publications (peer reviewed) and developed tools

Part 4 – Practice/experience

Individuals are required to complete:

• 3 years FTE of profession practice or experience if completed an exercise and sports science undergraduate and postgraduate studies
• 5 years EFT of profession practice or experience if completed a non-exercise and sports science undergraduate or but a sports science postgraduate studies

Hours must be completed with sports science service uses (as defined on page 5)

Supervisors are required to sign practicum supervisor forms.

.1 Approved supervisors

The role of the supervisor is to develop the knowledge and skills of a sports scientist. Suitable supervisors for Level 2 Accredited Sports Scientist include:

• a current ESSA Level 2 Accredited Sports Scientist
• a current ESSA Level 2 High Performance Manager
• a current Accredited Sports Scientist with the British Association of Sport and Exercise Sciences (BASES) or Sport and Exercise Science New Zealand (SESNZ)
• an Australian Strength and Conditioning Association (ASCA) Pro Coach, Level 3 or above, with a three year degree in exercise, sport or movement science

Note: Other persons may be approved as supervisor on a case by case basis by the ESSA Sports Science Advisory Committee if they are a sports science professional with 5 years or more experience, who is capable of attaining 2 Accredited High Performance Manager accreditation with ESSA and who is familiar with the ESSA Accredited High Performance Manager Professional Standards.

4.2 Self-employment

All logbook hours are required to be supervised and signed off. Self-employed individuals are still required to meet these requirements and may need to complete hours under supervision. If the individual has an appropriately trained, qualified co-worker, employee or business partner ESSA will accept verification of hours from them.
4.3 Practicum/work completed prior to 2016

Individuals who completed their practicum/work experience hours prior to 2016 do not need to supply logbook evidence for completed hours. If practicum was completed prior to 2016 and no logbook is supplied, individuals must provide documentation giving evidence of practicum/work experience hours during this time.

Evidence to support must be in the form of a reference letter from employers/supervisors with a detailed description of the service users worked with and the duties performed. The letter from the employer/supervisor must contain details regarding the individual’s roles and duties, number of hours completed, client/s descriptions and competencies. Ideally this letter should be on letterhead and signed.

4.4 Accepted activities

Recognised activities are those that uses skills and knowledge as a sports scientist within the ESSA defined Scope of Practice for Sports Scientists and within the defined service users (see page 5).

For the purpose of accreditation, practice activities are restricted to direct servicing, and research and program management. Administration and policy development roles are not included in sports science practice.

- Screening and risk assessment prior to prescribing exercise
- Assessment of a client prior to prescribing exercise or to assess the effectiveness of an exercise intervention
- Planning of exercise interventions (planning undertaken with the service user/coach/high performance manager)
- Delivery of exercise interventions

4.5 Unaccepted activities

Many practicum sites offer other services and therefore other learning opportunities. These cannot be included in the approved 360 sports science hours.

Some examples of activities not accepted include:

- Delivery of clinical exercise physiology services
- Observation of clinical exercise physiology services
- Observation of activities outside the Sports Science Scope of Practice e.g. physiotherapy provided manual therapy (dry needling, massage etc.); nursing assessment; clinical exercise session
- Sports First Aid/Sports training
- Administration not related to service delivery
Glossary

Apply: Put to use for some practical purpose
Appraise: Assess the performance of something formally; assess the value or quality of something
Assess: Evaluate or estimate the nature, ability or quality of something
Assume responsibility: To accept or take upon oneself the responsibility for something
Compare: Estimate, measure or note the similarity/dissimilarity between; draw an analogy between one thing and another for the purposes of explanation or clarification
Comply: Act in accordance with a wish or command; meet specified standards
Consider: Think carefully about (something) typically before making a decision
Contrast: Compare in order to show unlikeness or differences
Create: Bring something into existence
Credential: A qualification, achievement, quality or aspect of a person’s background used to indicated their suitability for something
Credentialing: The process used to designate that an individual, program, institution or product have met established standards set by an agent (government or non-government) recognised as qualified to carry out this task
Demonstrate: Clearly show the existence or truth of something by giving proof or evidence; give a practical exhibition and explanation of (how a machine, skill, or technique works or is performed)
Describe: Give a detailed account of something in words
Differentiate: Recognise or ascertain what makes something different
Distinguish: Recognise or treat something as different; manage to discern something barely perceptible
Discuss: Talk or write about a topic in detail, taking into account different issues or ideas
Employ: Make use of
Enable: Make it possible for someone to do something
Engage: Occupy or attract someone’s interest or attention; facilitate participation or involvement in
Evaluate: Form an idea of the amount, number of, value of; assess
Examine: Inspect (someone/something) thoroughly in order to determine their nature or condition
Exhibit: Manifest clearly a quality or a type of behaviour
Explain: Make an idea or situation clear to someone by describing it in more detail or revealing relevant facts; give a reason as to justify an action or event
Formulate: Create or prepare methodically
Identify: Establish or indicate who or what (someone or something) is
Illustrate: Serve as an example of
Initiate: Cause a process or action to begin
Interpret: Explain the meaning of (information or actions); to construe or understand in a particular way
Judge: Form an opinion or conclusion about something or someone
Manage: Be in charge of; run
Participate: Be involved; take part
Plan: Design something to be made; decide on and make arrangements for in advance
Practise: Perform an activity or exercise a skill repeatedly or regularly in order to acquire, improve or maintain proficiency in it

Practice: The actual application or use of an idea, belief, or method, as opposed to theories relating to it

Rate: Assign a standard or value to (something) according to a particular scale

Recognise: Identify (someone or something) from having encountered them before; acknowledge the existence, validity, or legality of

Relate: Make or show a connection between things

Relay: Receive and pass on information

Revise: Reconsider and alter something in the light of further evidence

Select: Carefully choose (from a larger number) something as being the best or most valuable

Supervisor: A person who supervised a person, activity or work or the work done by others

Understand: Perceive the intended meaning of words, a language, or a speaker; interpret or view something in a particular way

Use: Take, hold, or deploy something as a means of accomplishing or achieving something