



# SPORTS SCIENTIST

## Level 2 Accreditation

## Application Guide

**ESSA:**

EXERCISE & SPORTS SCIENCE AUSTRALIA

[www.essa.org.au](http://www.essa.org.au)

## Table of Contents

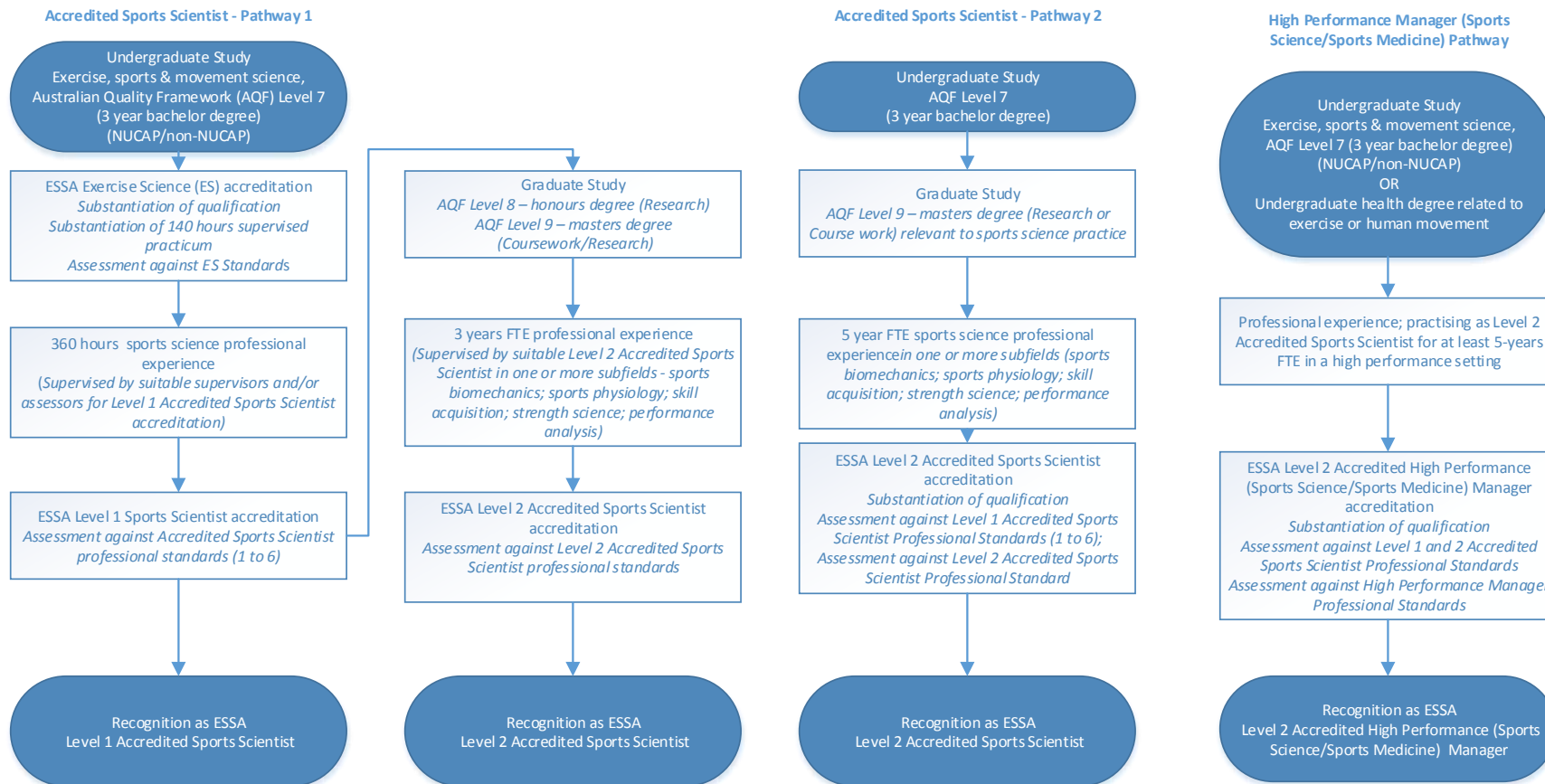
Part 1 - Preface.....	3
Part 2 - Important terminology.....	5
2.1 Service user.....	5
2.2 Practice.....	5
2.3 Cultural diversity.....	5
Part 3. Accredited Sports Scientist Pathway to Accreditation.....	6
3.1 Meeting the Standards.....	6
<b>Level 2 – Accredited Sports Scientist</b> .....	6
3.2 Suitable Supporting Evidence.....	7
Part 4 – Practice/experience.....	7
4.1 Approved supervisors.....	7
4.2 Self-employment.....	8
4.3 Accepted activities.....	8
4.4 Unaccepted activities.....	9
Glossary.....	10

## 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.



## 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
- 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).*

## Part 3. Accredited Sports Scientist Pathway to Accreditation

### 3.1 Meeting the Standards

To be granted recognition as a Level 2 ESSA Accredited Sports Scientist, the applicant must fulfil the following requirements:

#### Level 2 – Accredited Sports Scientist

Pathway 1:

- documented evidence of qualification in exercise, sport and movement science qualification at Australian Qualification Framework (AQF) Level 8 (or an international equivalent) leading to the award of an Honours degree by research (Sport Science domain); or higher qualification such as a Level 9 Masters (by coursework or research); and
- demonstrated evidence of meeting the Level 1 ESSA Accredited Sports Scientist professional standards (Standards 1-6); and
- demonstrated evidence of meeting the Level 2 ESSA Accredited Sports Scientist professional standards; and
- demonstrated evidence of 3 years full time equivalent (FTE) (5,400 hours) supervised experience under a Level 2 ESSA Accredited Sports Scientist

Pathway 2:

- documented evidence of qualification in a non-exercise and sports science qualification at Australian Qualification Framework (AQF) Level 7 (or an international equivalent) leading to the award of a three year Bachelor degree; AND a minimum qualification at AQF Level 9 leading to the award of Masters (by coursework or research) relevant to sports science practice \*; and
- demonstrated evidence of meeting the Level 1 ESSA Accredited Sports Scientist professional standards (Standards 1-6) (other than with an undergraduate degree in exercise, sport or movement science); and
- demonstrated evidence of meeting the Level 2 ESSA Accredited Sports Scientist professional standards; and

- demonstrated evidence of at least 5 years FTE (9,000 hours) experience working in a supervised capacity providing sports science service to service users\*\*

*Note:*

*\*All qualifications will be assessed by ESSA on a case by case basis to ensure the sports science competencies are met.*

*\*\*Applicants who can substantiate at least 3 years FTE may be granted Provisional sports science accreditation status until they can substantiate having completed 5 years FTE experience working in a supervised capacity providing sports science services to service users.*

### 3.2 Suitable Supporting Evidence

To meet the Level 2 Accredited Sports Scientist 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 Sports Scientist Professional Standards.

Substantiation of competence against the ESSA Level 2 Accredited Sports Scientist 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:

- 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 professional practice or experience if completed exercise and sports science undergraduate and postgraduate studies
- 5 years FTE of professional practice or experience if completed a non-exercise and sports science undergraduate but sports science postgraduate studies

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

Supervisors are required to sign practicum supervisor forms.

### 4.1 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 Accredited 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 Level 2 Accredited Sports Scientist accreditation with ESSA and who is familiar with the ESSA Accredited Sports Scientist 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 use 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 Scope of Practice for Sports Scientists e.g. physiotherapy provided manual therapy (dry needling, massage etc.); nursing assessment; clinical exercise session
- GPS tracking with no analysis and decision making
- Sports First Aid/Sports training
- Administration not related to service delivery

## Glossary

<i>Apply:</i>	Put to use for some practical purpose
<i>Appraise:</i>	Assess the performance of something formally; assess the value or quality of something
<i>Assess:</i>	Evaluate or estimate the nature, ability or quality of something
<i>Assume responsibility:</i>	To accept or take upon oneself the responsibility for something
<i>Compare:</i>	Estimate, measure or note the similarity/dissimilarity between; draw an analogy between one thing and another for the purposes of explanation or clarification
<i>Comply:</i>	Act in accordance with a wish or command; meet specified standards
<i>Consider:</i>	Think carefully about (something) typically before making a decision
<i>Contrast:</i>	Compare in order to show unlikeness or differences
<i>Create:</i>	Bring something into existence
<i>Credential:</i>	A qualification, achievement, quality or aspect of a person's background used to indicate their suitability for something
<i>Credentialing:</i>	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
<i>Demonstrate:</i>	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)
<i>Describe:</i>	Give a detailed account of something in words
<i>Differentiate:</i>	Recognise or ascertain what makes something different
<i>Distinguish:</i>	Recognise or treat something as different; manage to discern something barely perceptible
<i>Discuss:</i>	Talk or write about a topic in detail, taking into account different issues or ideas
<i>Employ:</i>	Make use of
<i>Enable:</i>	Make it possible for someone to do something
<i>Engage:</i>	Occupy or attract someone's interest or attention; facilitate participation or involvement in
<i>Evaluate:</i>	Form an idea of the amount, number of, value of; assess
<i>Examine:</i>	Inspect (someone/something) thoroughly in order to determine their nature or condition
<i>Exhibit:</i>	Manifest clearly a quality or a type of behaviour
<i>Explain:</i>	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
<i>Formulate:</i>	Create or prepare methodically
<i>Identify:</i>	Establish or indicate who or what (someone or something) is
<i>Illustrate:</i>	Serve as an example of
<i>Initiate:</i>	Cause a process or action to begin
<i>Interpret:</i>	Explain the meaning of (information or actions); to construe or understand in a particular way
<i>Judge:</i>	Form an opinion or conclusion about something or someone
<i>Manage:</i>	Be in charge of; run
<i>Participate:</i>	Be involved; take part
<i>Plan:</i>	Design something to be made; decide on and make arrangements for in advance

<i>Practise:</i>	Perform an activity or exercise a skill repeatedly or regularly in order to acquire, improve or maintain proficiency in it
<i>Practice:</i>	The actual application or use of an idea, belief, or method, as opposed to theories relating to it
<i>Rate:</i>	Assign a standard or value to (something) according to a particular scale
<i>Recognise:</i>	Identify (someone or something) from having encountered them before; acknowledge the existence, validity, or legality of
<i>Relate:</i>	Make or show a connection between things
<i>Relay:</i>	Receive and pass on information
<i>Revise:</i>	Reconsider and alter something in the light of further evidence
<i>Select:</i>	Carefully choose (from a larger number) something as being the best or most valuable
<i>Supervisor:</i>	A person who supervised a person, activity or work or the work done by others
<i>Understand:</i>	Perceive the intended meaning of words, a language, or a speaker; interpret or view something in a particular way
<i>Use:</i>	Take, hold, or deploy something as a means of accomplishing or achieving something