
ACCREDITED EXERCISE SCIENTIST SCOPE OF PRACTICE



1.0 THE ROLE OF ACCREDITED EXERCISE SCIENTISTS (AES)

AES specialise in the assessment, design and delivery of exercise and physical activity programs. These programs are for the purpose of undertaking an exercise intervention to improve health and fitness, wellbeing or performance, or focus on the prevention of chronic conditions. They are not designed for the treatment and/or management of a clinical condition or injury.

AES develop interventions that are based on critical evaluation of scientific evidence and incorporate physical activity, exercise, education or a combination of these. These interventions are designed to:

- Educate, promote and implement the adoption of physical activity and/or exercise for a healthy life
- Improve fitness, health and wellbeing at an individual, community or population level

AES demonstrate a diverse range of knowledge and skills and work across a variety of employment areas and occupations as presented below.

EXAMPLES OF OCCUPATIONS (INCLUDING BUT NOT LIMITED TO)	EXAMPLES OF EMPLOYMENT AREAS (INCLUDING BUT NOT LIMITED TO)
Fitness Instructor, Trainer, Fitness Centre Manager	Fitness Centre, Gymnasium, Private Practice or Business
Health Educator	Schools, Government – local, state and federal, Early Learning environments
Sports Coach/Sports Trainer	Sporting Teams/Events
Health Promotion roles	Community Health and Hospitals
Non-clinical Case Management	Private and inter-professional Health Clinics, Insurance Providers
Corporate Health Program roles	Corporate settings, Industrial and Mining sectors, Workplace wellbeing programs, (Employment screening)
Specialised Occupations (Cardiac Technician, Sleep Technician)	Hospitals and Health Clinics
Healthy Ageing roles	Aged Care sector
Health Policy/Program planning	Government – local, state and federal, Non Government Organisations (NGOs)

2.0 SCOPE OF AES PRACTICE

Professional practice is influenced by many factors including where an AES works, the demands of the industry, and the needs of their clientele. The scope of practice that ESSA accepts as reasonable for AES is listed below and may be performed across a number of industries and employment sectors, including private industry, government and non-government sectors and at an individual, community or population level:

2.1	Health screening, exercise assessment, and basic nutritional and behavioural assessments for the purpose of improving health and fitness, wellbeing or performance, but not for the treatment and/or management of a clinical condition or injury.
2.2	Application of the knowledge and skill sets of exercise science, including the design and delivery of exercise programs and assessments for the purpose of improving health and fitness, wellbeing or performance, but not for the treatment and/or management of a clinical condition or injury.
2.3	Delivery and supervision of exercise programs for clients with pathology or injury that have been prescribed by an appropriately qualified health professional, such as an accredited exercise physiologist or physiotherapist.
2.4	Provision of health policy/program or health education, advice and support at an individual, community and/or population level to enhance fitness and health, wellbeing or performance, and to prevent disease development.

3.0 CORE RULES, REGULATIONS & BOUNDARIES

AES design and deliver exercise programs and assessments based on scientific evidence with the intent to improve health and fitness, wellbeing or performance but not for the treatment and/or management of a clinical condition or injury. The services can be focused on the prevention of chronic conditions. AES may also deliver exercise programs for clients with complex pathology or injury that have been prescribed by an appropriately qualified health professional such as an accredited exercise physiologist (AEP). At all times, AES must demonstrate evidence-based practice, including the ability to compile, critically evaluate and communicate the scientific rationale for their decision making and service delivery. They can extend their scope of practice through additional studies that would be subject to the requirements outlined by the respective regulating body*.

* For example, an AES could extend their scope and become an AEP only after completing an ESSA accredited exercise physiology course and meeting ESSA's exercise physiology accreditation requirements.



4.0 *CODE OF PROFESSIONAL CONDUCT & ETHICAL PRACTICE*

AES must practice in accordance with ESSA's National Code of Professional Conduct & Ethical Practice. They must also respect and adhere to standards established through Australian legislation, regulations and common law.

5.0 *LEVEL OF TRAINING*

AES undertake a minimum 3-year equivalent of study at an Australian Qualification Framework (AQF) Level 7 or above in the area of exercise science and its sub-disciplines, and are required to achieve established national standards that include practicum experience. It is expected that as a minimum, a graduate can demonstrate practice that is within the scope of exercise science training as described in the ESSA Exercise Science Professional Standards and recognise the need to refer a client to other related professionals (e.g. accredited sports scientists, accredited exercise physiologists) as required.

6.0 *CONTINUED PRACTICE*

To ensure currency of knowledge and experience, AES are required to participate in ongoing professional development including engagement with current research evidence. Yearly professional development requirements to maintain accreditation as an AES include:

1. A minimum of 20 continuing professional development (CPD) points per membership year (1 January – 31 December).
2. Hold a valid Australian first aid statement of attainment if working with clients/human subjects.
3. Hold a valid Australian cardiopulmonary resuscitation (CPR) statement of attainment if working with clients/human subjects.

AES are also required to maintain their financial status with ESSA and to hold industry-recognised professional insurance, renewable on an annual basis. Continued practice is governed by ESSA's national accreditation, professional development and professional accountability requirements.