



Scope of Practice Policy

Version 1

ESSA:
EXERCISE & SPORTS SCIENCE AUSTRALIA

www.essa.org.au

Scope of Practice (SoP) Policy

Approval Authority	<i>Board</i>
Date Approved	<i>August 2017</i>
Date Effective	<i>January 2018</i>
Date of Next Review	<i>January 2021</i>
Level of Policy	<i>Governance</i>
Related Policies/ Procedures:	<i>Professional Standards for accreditation (AES, AEP, ASpS and AHPM)</i>
– Ethical practice	<i>ESSA Code of Professional Conduct and Ethical Practice</i> <i>Fitness to Practice Policy</i> <i>ESSA Decision Tree – Can I do this now?</i>
– Best practice	<i>Continuing Professional Development (CPD) Guidelines (AES, AEP, ASpS/AHPM)</i> <i>ESSA Professional Indemnity Insurance Policy</i> <i>Return to Practice Policy</i> <i>Position and Consensus Statements</i> <i>Exercise is Medicine (EIM) Fact Sheets</i> <i>AEP Service Descriptors (AEP only)</i>
– External to ESSA	<i>National Code of Conduct for Health Care Workers</i> <i>National Policy on Match-fixing</i> <i>World Anti-Doping Code</i>
Designated Authority	<i>Professional Standards Advisory Council (PSAC)</i>
Responsible Officer	<i>Policy and Advocacy Unit Manager</i>
Policy Overview	<i>The Scope of Practice Policy:</i> <ul style="list-style-type: none"> • <i>outlines the framework that denotes individual scope of practice in an exercise and sports science context</i> • <i>explains individual scope of practice through the principles, policies, standards and legislation that underpin it; see Figure 1.</i> • <i>supports responsible self-determination of professional practice through accountable professional practice decision making.</i>
Scope	<i>The Scope of Practice Policy applies to all individuals accredited with ESSA and should be read in conjunction with the ESSA Decision Tree – Can I do this now?</i> <i>Non-compliance with this Policy and associated policies and procedures may breach the ESSA Code of Professional Conduct and Ethical Practice and attract disciplinary action.</i>

Definitions

AEP – means Accredited Exercise Physiologist.

AES – means Accredited Exercise Scientist.

AHPM – means Accredited High Performance Manager.

ASpS – means Accredited Sports Scientist.

Competence – having sufficient physical capacity, mental capacity, knowledge, technical skill and communication skills, including adequate command of the English language to practise as an exercise and sports science professional.ⁱ

Decision tree – means a visual and analytical decision support tool that uses a tree-like model to analyse competing alternative decisions and their possible consequences.

Expert – means a person who is very knowledgeable about and skilful in a particular area.

Advanced Scope of Practice – means demonstrated evidence of increased skills, reasoning, knowledge and experience leading to expert status in one or more areas of exercise and sports science practice.

Expanded Scope of Practice – means expertise and appropriate credentialing beyond the accepted scope of exercise and sports science practice. Formal education is usually required to expand scope of practice.

Foundational Scope of Practice – means the minimum combination of knowledge, skill and reasoning to gain accreditation.

Full Scope of Practice – means the full spectrum of roles, functions, responsibilities, activities and decision-making capacity that individuals within that profession are educated, competent and authorised to performⁱⁱ.

Individual Scope of Practice – means the combination of foundational, advanced and expanded scope of practice as it applies to an individual exercise and sports science professionals' competence at a point in time.

Scope of Practice Framework – means the broad framework that denotes whether an individual should be able to deliver services of a profession safely and effectively.

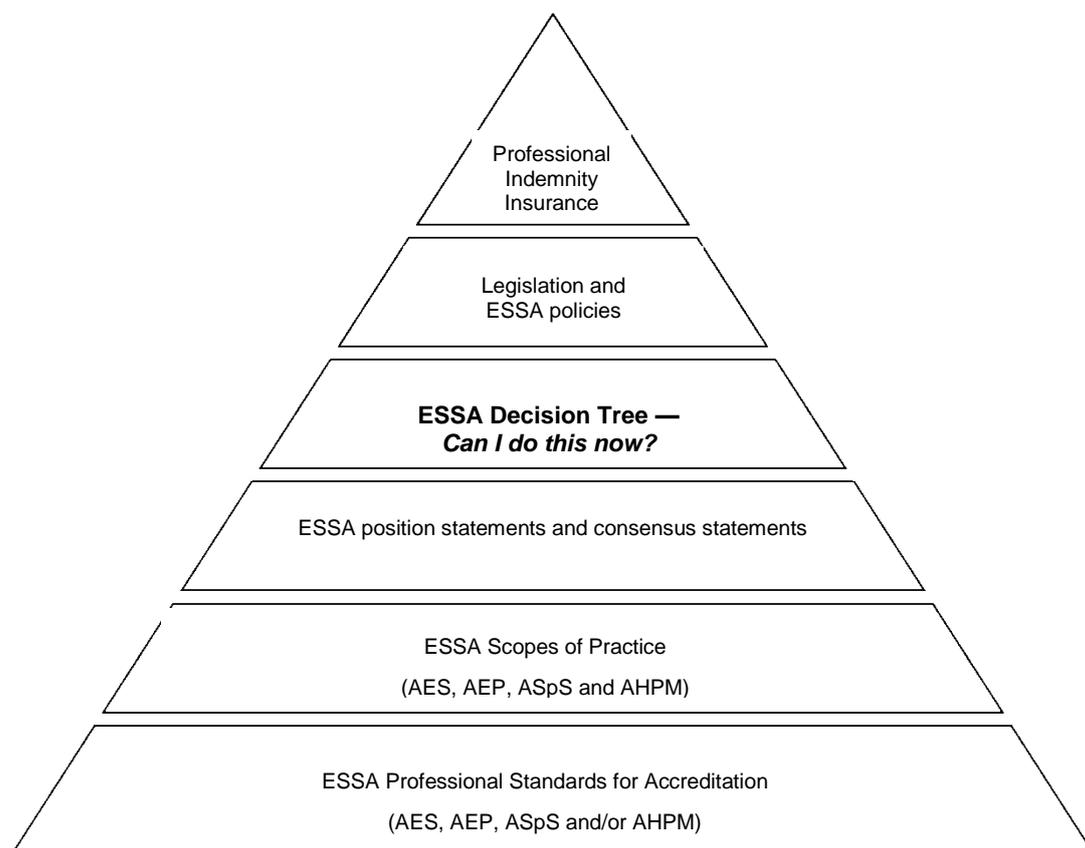


Figure 1 – Individual Scope of Practice Framework

1. Individual Scope of Practice Framework

- 1.1 ESSA supports an Individual Scope of Practice Framework that recognises that scope of practice is:
 - 1.1.1 **individual** to the exercise and sports science professional, their ESSA accreditation(s), their current competencies that are maintained through professional development, and any credentials they hold that are outside of ESSA’s jurisdiction
 - 1.1.2 **contextual** to the legislation, the practice setting and the client, client values and client needs
 - 1.1.3 **evolving** with the expansion of the evidence base of exercise and sports science, and legislative changes
 - 1.1.4 **underpinned by principles** that include ethical practice, evidence-based practice, client-centred care, client safety, and professional duty of care, see figure 1.
- 1.2 The ESSA Decision Tree – Can I do this now?
 - 1.2.1 is central to the ESSA Individual Scope of Practice Framework
 - 1.2.2 supports responsible and accountable decision making in an individual scope of practice context
 - 1.2.3 is positioned between ESSA resources that define accreditation and external resources that guide professional practice.

2. ESSA Accreditation Framework

2.1 By offering multiple accreditation options, ESSA supports individual scope of practice to the full spectrum of exercising clients; see Figure 2.

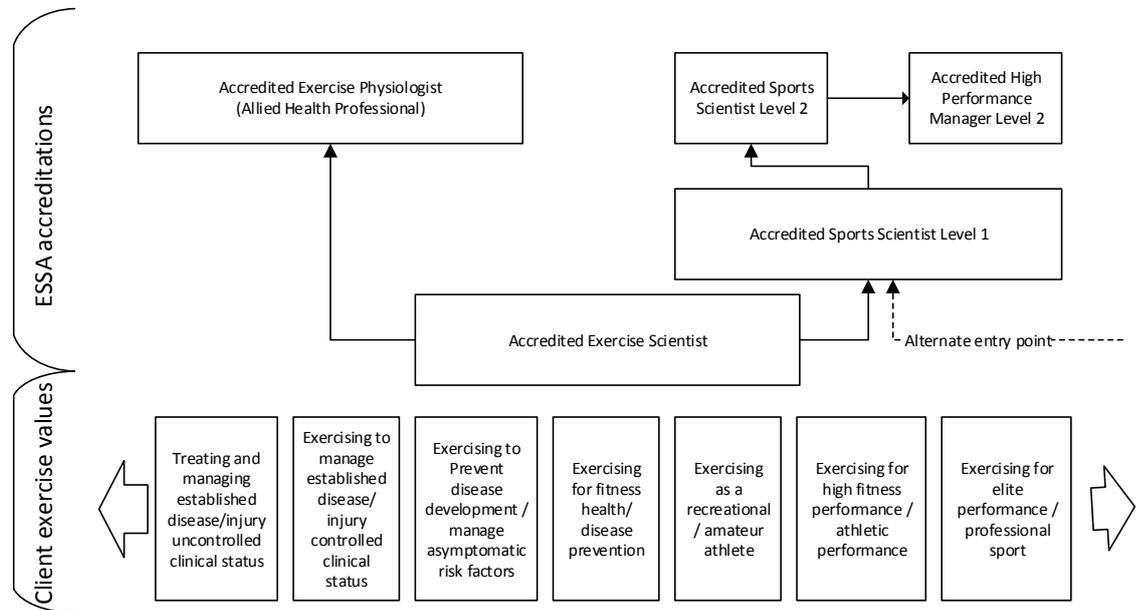


Figure 2 – ESSA Membership and Accreditation Framework

3. Full and Advanced Scopes of Practice

- 3.1 As they mature as professionals, exercise and sports science professionals are expected to advance their practice through formal professional development and ongoing experience related to their area(s) of practice and personal interest.
- 3.2 ESSA fully supports practitioners employing the full range of active exercise interventions within their individual scope of practice.
- 3.3 ESSA supports extension of scope of practice in ways that fully utilise the scientific foundation of exercise and sports science practice — that is, active exercise modalities. This may be through formal study, gaining additional ESSA accreditations, and completion of in-service appropriate to the service setting — for example, hospital.

4. Expanded Practice

- 4.1 ESSA recognises that to meet their personal interest and/or the needs of their community, individuals may seek to provide holistic care and expand their knowledge and skills base to provide other service modalities — for example, dietary advice and manual therapies.
- 4.2 ESSA neither limits nor supports exercise and sports science professionals who expand their scope of practice beyond active exercise treatments, as these are beyond its jurisdiction. However, individuals are expected to apply best practice principles and seek appropriate education, training and credentialing for any and all services they provide; see Decision Tree – *Can I do this now?*
- 4.3 To provide services of any description without appropriate education/training and credentialing may constitute unlawful practice and/or a breach of the ESSA Code of Professional Conduct and Ethical Practice. Such behaviour may attract disciplinary action.

Policy Modification History

Date:	Version no.	Details:
August 2017	1	New policy

ⁱ Health Practitioner Regulation National Law (NSW) – Sect 130. Accessed 31 May 2017 from <http://www.legislation.nsw.gov.au/#/view/act/2009/86a/part8/div1/sec139>

ⁱⁱ Queensland Health (2016). Full scope of practice. Accessed 28 April 2017 from <https://www.health.qld.gov.au/ahwac/html/full-scope.asp>