



WHAT IS AN ACCREDITED EXERCISE SCIENTIST?

An Accredited Exercise Scientist (AES) specialises in the design and delivery of exercise and physical activity programs to meet the needs of everyday Australians. An AES aims to improve a client's fitness and health to help reduce the risk of developing a medical condition or an injury. They can also help to improve performance for athletes at all levels.

WHAT MAKES AN ACCREDITED EXERCISE SCIENTIST DIFFERENT FROM OTHER FITNESS PROFESSIONALS?

- Accredited exercise scientists have completed extensive university training and have a comprehensive knowledge of the scientific principles underpinning the health and performance benefits of exercise, sport and physical activity.
- Accredited exercise scientists have the advanced skills to work with a wide range of populations to enhance well-being and physical function.
- Accredited exercise scientists comply with ESSA's National Code of Professional Conduct & Ethical Practice and respect and honour standards established through legislation and common law.
- Accredited exercise scientists apply their broad scientific knowledge to optimise sport, exercise and physical activity outcomes for improved health and performance.
- Accredited exercise scientists complete at least 140 hours of supervised practical experience before graduating.



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WHERE WOULD YOU FIND AN ACCREDITED EXERCISE SCIENTIST WORKING?

Accredited exercise scientists work in a variety of settings.

In the fitness industry:

- Accredited exercise scientists work as centre managers and can oversee the development of client assessments and exercise programs for other fitness staff.
- They are skilled at working with clients who have more challenging needs due to their extensive training in exercise science and health behaviours.

In the workplace:

- Accredited exercise scientists are employed to develop and deliver corporate health programs for staff.
- They can undertake specialised health assessments and provide advice on appropriate health programs and the need for further follow up.

In sporting teams:

- Accredited exercise scientists may work as sports trainers or coaches at sub-elite level.
- They are often employed by individuals and sports teams to help improve performance.

In government:

- Their broad knowledge of exercise, sport and physical activity makes accredited exercise scientists ideally suited to developing and advising government on appropriate health policies and programs.

In educational institutions:

- Accredited exercise scientists are employed in the tertiary sector as educators and researchers. Their educational expertise helps to develop the next generation of health professionals. Their research outcomes optimise sports performance and improve health at a population level.
- They may also work for non-government organisations delivering health and wellbeing programs in the community.

Hospital or community health setting:

- Accredited exercise scientists may work within specialised occupations such as a cardiac technician where they perform stress tests to help inform the treatment and management of heart disease.
- They may also provide specialist health services for the management of general health.

Contact your local Accredited Exercise Scientist now and start your journey to a more active and healthy life. www.essa.org.au



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