

# **Exercise Physiologist**

Service Innovation

# **Position Summary:**

The Exercise Physiologist role is responsible for providing relevant Exercise Physiology services as well as assist allied health professionals, and innovative service delivery planning to a growing allied health team responsible for the management of new and existing MS Plus clients under the NDIS and other various funding streams. Exercise Physiologist will also provide service planning assistance, administrative tasks, and effective management of the day-to-day activities of the Relate team, an innovative human relation. This position reports directly to Allied Health team Leader.

## **Purpose**

The Exercise Physiology service purpose is to empower all people with MS and broader neurological conditions that may have complex/multiple needs to achieve exercise outcomes in a safe and efficient manner.

Provide instruction to specialised groups as required

Providing one-on-one exercise sessions and assessments as required.

Provide timely and concise reports as per agreements with funding bodies and/or customers.

 Responsible for Providing effective exercise services for persons affected by MS and other neurological conditions.









# **Organisation Dimensions**

Allied Health Team Leader

# **Exercise Physiologist**

Position Dimensi	sition Dimensions		
Budget (\$ value)	Delivering NDIS and all other funded service		
Staff numbers			
Location/s			
Other			

#### Kev Responsibilities

#### **Organisational and Administration Support**

Input the responsibilities that support the organisation in attaining the strategic, tactical or operational goals and the administrative responsibilities required

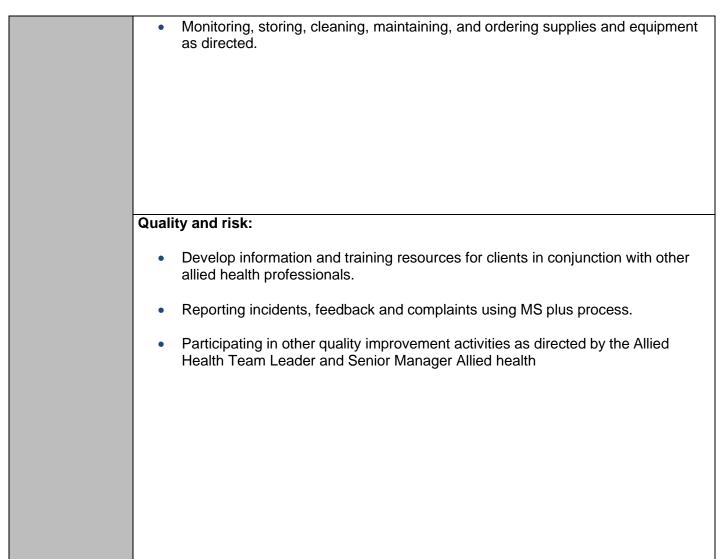
### Responsibilities

- Plan exercise classes in conjunction with Exercise Co-ordinator across NSW to meet identified customer needs.
- Provide specialist support to exercise groups and individuals across metropolitan area as required.
- Ensure that a person-centred approach is incorporated into all work practices and service delivery where applicable and safe to do so.
- Support customers with their exercise goals
- Assist with initial assessments, exercise prescription and reviews of customers utilising MS exercise programs.
- Adhere to compliance and reporting requirements when dealing with serious or sensitive matters.
- Exercise Instruction is delivered according to the needs of the group or individual.
- Exercise instruction remains relevant to needs of users and provides a viable alternative to mainstream services through membership and usage.
- Customers are allocated into a program or exercise class within guidelines.
- Customer need for an exercise review or physiotherapy review is identified in a timely manner.
- Appointments for review are made within guidelines for referral.

#### Other Duties

- Timely and clear written documentation of clients' treatment progress and goals using electronic client record management systems.
- Maintaining clients' files.







#### **Relationship Management**

Input responsibilities that relate to stakeholder engagement and relationships held both inside and outside the organisation. For example:

- Work with external partners and suppliers to ensure maximum value for money achieved
- Implement strategies to ensure seamless communication across the organisation
  - Support customers and carers with ongoing needs and service.
  - Develop strong relationships with internal staff for ongoing development
  - Maintain strong relationships with external relationships that benefit gym members and the facilities.
  - Promote services of the Gym with all agencies and organisations that may benefit from specialised equipment.
  - Work as part of a multidisciplinary team in providing service and support to customers
  - Service users experience a person centred, effective and dynamic service as per testimonials received and through yearly survey responses.
  - Relationships with internal and external stakeholders are maintained, improved or created as evidenced by donations, sponsorships and increasing user attendance.

#### Values

- Actively support MS' purpose, value, service promise and strategic vision.
- Operate in line with MS' policies, procedure and practices.
- Promote and work within MS' Services Innovation delivery principles.
- Positively and constructively represent the organisation to external contacts at all opportunities.
- Behave in a way that contributes to a workplace that is free of discrimination, harassment, and bullying behaviour at all times.
- Ensure the health, safety and welfare of self, team members and others.
- Follow all reasonable directions given by the organization.
- Support and empower co-workers.
- Support, promote and show sensitivity to diversity in the workplace.
- Behaviour is in alignment with Culture, Service Promise & Foundation behaviours.



### **Position Requirements**

Knowledge, Skills, and Experience

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Accredited Exercise Physiologist (AEP) with Exercise and Sports Science Australia

Minimum of 2-3 years' experience in providing clinical services, support and advice to people with chronic neurological conditions, including MS

Current First Aid and CPR

Strong knowledge and understanding of the NDIS

Demonstrated ability to work in a multidisciplinary set up

Demonstrated experience in client centre care through effective assessment, care planning, case conferencing and review of clients

Highly developed written and verbal communication skills

Proven track record in creating efficiency and meeting targets, KPI 70%

**Desirable** 

Prior experience in disability under the NDIS

Experience in a not-for-profit organisation.

Membership of relevant professional organisation

Experience is a start-up environment and being comfortable in a changing dynamic environment

### Checks, Licenses and Registration

National Police check

Working with Children check

Disability Workers Exclusion scheme

Current full or probationary driver's license

Professional registration - AHPRA/ESSA/relevant body

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