



Position Description

Exercise Physiologist

Summary

Position Title	Exercise Physiologist
Employer	Hepburn Primary Health Care Pty Ltd
Incumbent	Vacant
Classification	Level 4 Health Professional (Health Professionals and Support Services Award 2010)
Salary	Above award hourly rate plus 9.5% employer superannuation will be negotiated with the successful candidate
Reporting to	SIS Program Coordinator and Clinical Team Leader
Direct Reports	N/A
Employment status	Fixed term contract until 30 th June 2022 0.7 FTE – 1.0 FTE negotiable
Location	Springs Medical Clinic locations as required (Daylesford, Trentham and Kyneton), as well as external locations for SIS program delivery

Our Organisation

Springs Medical is a privately owned organisation governed by a board of GP Associate Directors operating from sites in Daylesford, Kyneton and Trentham.

We employ and sub-contract over seventy personnel on a day-to-day basis across GP's and GP Registrars, primary care nurses, medical specialists, students, allied health professionals and administrative staff. We deliver over 75,000 occasions of patient care per year.

Our Vision

To achieve the optimum health of our community.

- 10 Hospital Street
Daylesford 3460
t: 03 5348 2227
f: 03 5348 1447
- 22 Victoria Street
Trentham 3458
t: 03 5424 1602
f: 03 5424 1851
- 89B Piper Street
Kyneton 3444
t: 03 5422 1298
f: 03 5422 1307



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Our Mission

To improve the health of the rural communities of Daylesford, Hepburn Springs, Trentham, and surrounding districts through comprehensive and sustainable primary health care by:

- Leading, engaging and collaborating with our community;
- Providing timely access to primary health care services including general medical practice, acute care and after-hours services;
- Having a systematic approach to health promotion, disease prevention and chronic disease management;
- Providing a multidisciplinary team approach;
- Embracing education for the current and future needs of our communities.

Our Values

Reflect our purpose in delivering excellence in primary health care services and our commitment in meeting the complex health needs of our rural communities now and into the future including:

- Patient focused care: demonstrated excellence in patient care with a focus on accessible, adaptable and flexible service delivery;
- Privacy, integrity, honesty and respect: supporting and maintaining the highest level of confidentiality, fairness and equity, respect for diversity and honesty at all times;
- Community engagement: consult regularly with the community and recognise community needs;
- Sustainability: be a leading example in environmental responsibility and accountability by setting achievable and measurable goals;
- Accountability: defining and accepting responsibility and delivering on our commitments through fostering good governance, avoiding conflicts of interest and being effective and efficient in our organisational operations.

1. Your Role

The Exercise Physiologist will be involved in the Springs Medical Put A Spring In Your Step Wellness Program (SIS).

Put A Spring In Your Step Wellness Program

Put A Spring In Your Step Wellness program incorporates exercise and education sessions to better educate our clients to help them self-manage their chronic conditions.

Aims Of The Program:

- To increase strength, exercise capacity and walking distance
- To improve quality of life
- To increase confidence and ability to self-manage and cope with medical condition
- To keep the client out of hospital
- To encourage life-long behaviour change.

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2. The SIS Team

Our SIS program team consists of the dual role SIS Program Coordinator/ SIS Wellness Nurse, Exercise Physiologist and SIS Admin Support Officer. The role works closely with our Clinical Wellness Coordinator, Clinical Admin Support role, nursing team (acute care and wellness teams) and allied health providers including but not limited to exercise physiologist, physiotherapist, pharmacist, psychology, and diabetes educator services internally and externally. The role also works closely with referring GPs and the reception /administration team. The SIS Wellness nurse also liaises with external providers including community fitness venues and other relevant community service providers.

3. Key Responsibilities

- 3.1 Have experience in creating safe and highly effective exercise programs
- 3.2 Provide high level education to all SIS clients to help them to build the required skills to self-manage their conditions
- 3.3 Conduct clinical assessments to be able to develop exercise programs
- 3.4 Be able to run a safe environment for group exercise and efficiently manage groups of 8-12 proficiently
- 3.5 Ability to work as part of a team as well as autonomously
- 3.6 High level communication and interpersonal skills
- 3.7 Excellent organisational and time management skills.

4. Risk, Accreditation and Occupational Health and Safety

- 4.1 Comply with Springs Medical O&HS policies and procedures
- 4.2 Take reasonable care for the safety of your own health and safety and that of other people who may be affected by your conduct in the workplace
- 4.3 In conjunction with Springs Medical Management coordinate and implement best practice in OH&S policy and procedures
- 4.4 Participate in meetings, training and other occupational health and safety activities
- 4.5 Together with Springs Medical Management, contribute to the development and maintenance of effective systems, policies and procedures to ensure SM maintains RACGP Accreditation

5. Key Selection Criteria/ qualifications, experience, knowledge and skills

Mandatory:

- 5.1 Proven experience in conduction initial, review and discharge appointments
- 5.2 Creating safe and effective exercise programs
- 5.1 Demonstrated high level competence in Exercise Physiology
- 5.3 Supervising safe group (8-12 participants) exercise sessions
- 5.4 High level interpersonal and communication skills both written and verbal
- 5.5 Participate in quality improvement activities as required
- 5.6 Maintain accurate records

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- 5.7 Demonstrated ability in liaising with GP's specialists, Allied Health and clients to achieve optimal health outcomes, in addition working as part of a multidisciplinary team.
- 5.8 Excellent organisational skills and computer literacy

Highly Desirable:

- 5.1 Pilates qualifications
- 5.2 Experience in community rehab

As an Accredited Exercise Physiologist, you will:

- 5.1 Have relevant tertiary qualifications
- 5.2 ESSA Accreditation
- 5.3 Current relevant insurance
- 5.4 Current CPR & First Aid
- 5.5 Police Check
- 5.6 Valid Victorian Drivers License with reliable car.

Declaration:

I, _____, acknowledge that I have read and understood the Exercise Physiologist Position Description which forms part of my employment contract from the date of issue. I accept that the Position Description may need amending and updating periodically due to changes in responsibilities and organisational requirements.

Employee | Date

This Position Description is approved by:

General Manager | HR Director

Date

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