



AAESS
Accredited Exercise Physiologist
Clinical Hours Placement

EPFRC Application Form

Round 1
Closing Date March 13, 2009

EPFRC Placement for Clinical Hours

Overview

The Exercise Physiology and Functional Rehabilitation Clinic (EPFRC) commenced Exercise Physiology consultation services for Chronic Disease Management (CDM) patients during January 2007. A CDM item is one that has been or is likely to be present for at least six months, including but not limited to asthma, cancer, arthritis, diabetes, heart disease, musculoskeletal and other chronic medical conditions. Patients referred following a General Practitioner Management Plan (GPMP) and/or a Team Care Arrangement (TCA) (MBS Items 721 and 723), are eligible to receive a Medicare rebate for Exercise Physiology services. Exercise Physiologists provide services within the area of exercise science and specialise in health, fitness and exercise rehabilitation. Exercise physiologists employed at the Exercise Physiology and Functional Rehabilitation Clinic are university qualified health care professionals who hold accreditation with the peak professional body, the Australian Association of Exercise and Sports Science (AAESS), and are registered allied health providers of Exercise Physiology services under Medicare

Primary Purpose of EPFRC Program

The AAESS requires the AEP to demonstrate practical experience in health and fitness settings that builds on theoretical and applied study within the tertiary course in exercise science. Practical experience is an essential component of professional training in exercise science if graduates are to take their places among the leaders in the profession. Consequently, candidates applying for AEP accreditation must have documented practical or work-related experience. Placement in the EPFRC shall provide successful candidates with proficiency skills and knowledge required as an early career Exercise Physiologist. AAESS-Accredited Exercise Physiologists are required to complete 300 hours of professional placement, which includes fitness testing, exercise leadership and exercise prescription. Clinical hours in the EPFRC may be used for accreditation with AAESS. Further information on AAESS-Accredited Exercise Physiologist may be found at <http://www.aaess.com.au>

Job Actions

The EPFRC aims to create and supervise therapeutic exercise interventions programs for CMD) patients across a variety of conditions.

Responsibilities include;

- Conduct therapeutic exercise programs for CMD patients under the guidance of EPFRC staff.
- Promote client education;
 - role of exercise in minimising the influence of the condition on functional status
 - acute and chronic response to exercise
- Therapeutic exercise program develop and implementation.
- Effectively track patient progress;
 - on the computer,
 - develop a file system,
 - adjust workouts as needed.
- Develop client's goals during the exercise program.
- Perform screening for musculoskeletal patients in order to identify;
 - muscular imbalances,
 - compensatory movement patterns.

EPFRC - Application for Clinical Hours Placement

Surname: _____

Given names: _____

Address: _____

City: _____

State: _____

P/code: _____

Telephone (w): _____

Telephone (h): _____

Facsimile: _____

Mobile: _____

Email: _____

Degree currently enrolled: _____

Year: _____

How did you find out about the EPFRC program?

Female

Male

Aboriginal or Torres Strait Islander

Duration

- EPFRC hours - 6-weeks per patient
- Up to 12 hours per week

Remuneration

- Voluntary – Non-paid

Availability

Are there any reasons that would prevent you being available on a continuous basis during the term of the placement?

Yes Length of absence:

No

*If **yes** please write a short explanation:*

Education

Tertiary courses

Give brief details of tertiary studies (for example degrees, diplomas, etc).

Course title	Institution	Year completed
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Workshops, Seminars and coaching courses

*(State any other **related** courses attended in the past four years, for example, first aid, Level 1 sports trainer, assessor trainer, etc)*

Course title	Organisation	Year completed
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Previous Practical Experience Related to Position

Give brief details of your past practical experience related to the current position. Please include position, length of term and major outcomes. Indicate if any of these positions were paid positions.

Position:	Organisation:
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Client type:

Length of term:

Year:	Outcome:
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Position:	Organisation:
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Client type:

Length of term:

Year:	Outcome:
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Other related experience

State any other experience, (for example, management skills)

Give a brief outline of what you hope to achieve by undertaking the placement in the EPFRC:

Referees

Provide contact details of three referees who may be contacted in support of your application.

Referee 1

Surname: _____ **First name:** _____

Address: _____

City: _____ **State:** _____ **P/code:** _____

Telephone (w): _____ **Facsimile:** _____

Mobile: _____ **Email:** _____

Referee 2

Surname: _____ **First name:** _____

Address: _____

City: _____ **State:** _____ **P/code:** _____

Telephone (w): _____ **Facsimile:** _____

Mobile: _____ **Email:** _____

Attachments

Provide the following attachments to your application.

University transcript

AAESS membership

First aid certificate

Return to

Mrs Dale Smith
School of Human Movement Studies
Charles Sturt University
Bathurst, NSW, Australia
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(F) 02-6338-4065
dsmith@csu.edu.au