

Mr Stephen Palethorpe
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Miss Katie Williams
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Re: Feedback on the Senate Select Committee on Health, Terms of Reference

Dear Mr. Stephen Palethorpe,

Thank you for the invitation to make a submission to the Senate Select Committee on Health with regards to the inquiry into health policy, administration and expenditure.

Exercise & Sports Science Australia (ESSA) is a professional organisation and the peak body representing university trained Accredited Exercise Physiologists (AEPs), Exercise Scientists and Sports Scientists.

AEPs are 4-year university qualified allied health professionals who specialise in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic and complex medical conditions.

Please refer to our comments in the attached submission with respect to the *Terms of Reference for the Senate Select Committee on Health*.

ESSA is very supportive of ongoing consultation with peak bodies and professional associations throughout this review period. Please contact Katie.williams@essa.org.au if you would like any further information regarding this submission.

Kind Regards,

Katie Williams
Industry Development Officer
Exercise & Sports Science Australia



About ESSA <http://www.essa.org.au>

Exercise & Sports Science Australia (ESSA) is a professional organisation which is committed to establishing, promoting and defending the career paths of university trained exercise and sports science practitioners, which includes the allied health profession of exercise physiology. ESSA's vision is to enhance the health and performance of all Australians through the support of exercise and sports science professionals.

As the peak professional body for exercise and sports science in Australia, ESSA provides national leadership and advocacy on key issues and supports its members and the community through fostering excellence in professional practice, education and training, and research.

Accredited exercise physiologists (AEPs)

AEPs are 4-year university qualified allied health professionals who specialise in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic and complex medical conditions and injuries such as musculoskeletal conditions, cardiovascular disease, diabetes, persistent pain, osteoporosis, low back pain, depression, arthritis, chronic obstructive pulmonary disease and many more (AEP Scope of Practice).

As allied health professionals, AEPs are invaluable team members in the workers compensation environment, providing cost-effective work related activity programs and functional exercise programs, coupled with a strong focus on self-management and behaviour change. AEP work within the workers compensation system includes:

- Musculoskeletal rehabilitation –service provider
- Occupational health and safety
- Employment screening and workplace health and wellbeing programs
- Occupational rehabilitation – case managers, workplace assessments