

Careers in the area of Health

Background

Dr Brad Aisbett is a lecturer within the School of Exercise and Nutrition Sciences. He chairs the third year units, Principles of Exercise Prescription, Physiology of Sports Performance, and Exercise and Sport Science Practicum (i.e., fieldwork) 1 & 2. Brad is also an emerging research leader in the health and safety of Australia's emergency services. Over the past five years he has worked with nine emergency service agencies across five states and territories to investigate issues related to job-specific fitness, fatigue, hydration, and nutrition for fire and emergency service workers.

Interview

What are the main types of health careers and responsibilities?

Exercise and Sport Science students and graduates are sought after to deliver community and workplace health assessments, comprising measures of cardiovascular (e.g., blood pressure and cholesterol, waist circumference, physical activity levels) and musculoskeletal (e.g., stretching and movement to limit lower back pain) health.

With further study, Exercise and Sport Science graduates can move into more formal exercise rehabilitation settings working with clinical populations to assist in their return to work and an active life.

Who are your colleagues and clients?

Through my management of the Exercise and Sport Science Practicum units I work primarily with professionals from the health industry, including physiotherapists, occupational therapists, exercise physiologists and occupational health and safety consultants. In my research activities, my primary clientele are emergency service workers, however, I work also closely with the occupational health and safety officers and managers of these workers to ensure our research is tailored to the agency's specific needs.

What experience and qualifications do you need to work in the area of fitness?

Exercise and Sport Science graduates are qualified to work delivering community and workplace health assessments. To move into more clinical pathways, including physiotherapy, occupational therapy, and exercise physiology requires further post-graduate (or under-graduate) study in each of these specific areas before securing the requisite qualifications for ongoing employment.

What are the highlights?

The principal highlights of working in the health sector arise from the interpersonal interactions – working with clientele, helping them make positive changes in their lifestyle and work practice to improve or preserve their health and safety.

Advice for students who are interested in working in the area of health

Students interested in pursuing careers in the health sub-discipline of the broader Exercise and Sport Science industry should start their career path with voluntary and part-time opportunities. These opportunities may include – working with community health promotion initiatives co-ordinated by local councils or exploring workplace health opportunities through the WorkSafe program.