Exercise Physiology

About this area of study

This field looks at the physiological and metabolic responses to acute and chronic exercise, with emphasis on the muscular, metabolic and oxygen transport systems. Other topics covered include temperature and fluid balance during exercise, fatigue and limitations to exercise performance. The benefits of exercise in the prevention and treatment of chronic disease is also examined.

Exercise physiologists are university qualified allied health professionals who specialise in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic diseases and injuries. An exercise physiologist can work in a clinical setting such as a cardiac ward or outpatient clinic in a hospital or in private practice. To become an Accredited Exercise Physiologist you need to complete further study after your undergraduate degree, such as a Masters degree by coursework in exercise physiology or exercise rehabilitation.

Exercise and Sports Science Australia (ESSA), formally known as Australian Association for Exercise and Sports Science (AAESS) is the national accreditation program for exercise physiologists. Accredited exercise physiologists (AEPs) are recognised as allied health professionals. They are eligible to obtain a provider number with Medicare Australia, and provide services to other compensable schemes such as the Department of Veterans Affairs, TAC, Worksafe and have recognition among a number of health insurers. At state level AEPs are included within health professional awards and in compensation schemes akin to other mainstream health professionals.

Courses offered by Deakin University include

- Bachelor of Exercise and Sports Science
- Bachelor of Exercise and Sport Science/Bachelor of Commerce
- Bachelor of Sport Development

Labour market information

Grads online has information regarding graduate salaries and where graduates go after completing their course www.gradsonline.com.au

Job Outlook has information about the labour market outlook http://joboutlook.gov.au

Related occupations

- Rehabilitation specialist
- Sport scientist
- Corporate health and fitness
- Health promotion officer
- Marketing and management professional
- Psychologist

- Sports coach
- Facility manager

An industry career profile, salary and other employment information can be obtained from the My Future website www.myfuture.edu.au

Descriptions of occupations can be found at The Job Guide www.jobguide.thegoodguides.com.au

Employers

Australian Institute of Sport www.ausport.gov.au/ais

Department of Health www.health.vic.gov.au

Southern Health www.southernhealth.org.au

Sporting Pulse www.sportingpulse.com

ALF www.afl.com.au

Sport and Recreation Victoria www.sport.vic.gov.au

Geelong Football Club www.gfc.com.au

YMCA www.ymca.org.au

Bounce Health www.bouncehealth.com.au

Fernwood Fitness Clubs www.fernwoodfitness.com.au

Cricket Australia www.cricket.com.au

Tennis Australia www.tennis.com.au

Sports Australia www.sportzblitz.net

For specific employment opportunities

Deakin University Jobshop www.deakin.edu.au/jobshop

Health and community jobs www.hacjobs.com.au

Sport Jobs www.sportjobs.com.au

Job Seeker www.jobseeker.org.au

Science Alert www.sciencealert.com.au

Victorian government health jobs www.health.vic.gov.au/jobs

Graduate Opportunities www.graduateopportunities.com

Uni Grad www.unigrad.com.au

Seek www.seek.com.au

My Career www.mycareer.com.au

Career One www.careerone.com.au

Professional associations

Exercise and Sports Science Australia www.essa.org.au

Australian Council for Health, Physical Education and recreation www.achper.org.au

Victorian Institute of Sport www.vis.org.au

Fitness Australia www.fitnessaustralia.com.au