**SSandH position description for Exercise Physiologist**

**About SSandH**

SSandH is a provider of integrated clinical nutrition and exercise health services. SSandH aims to empower clients to experience optimal health and sports performance through the cultivation of healthy and sustainable beliefs, feelings, and practices towards exercise. This enables clients to connect to their unique health and performance vision while remaining authentic to their true purpose for positive change. SSandH offers this service for athletes, people who want to improve their health and fitness, and or better manage their health conditions.

**What you’ll be doing**

The primary purpose of the role is to maintain individual and group based clinical practice and administrative functions of SSandH while Andrea is on leave for four weeks.

In doing so you will undertake the following roles:

## One to one clinical consultation

In this role you will consult with patients at two locations in the beautiful Adelaide Hills. You will practice at Summit Health Centre at Mt Barker and the newly opened High Street Health Centre at Strathalbyn. Both clinics have access to equipped gyms and clinical testing equipment to enable one to one and group based clinical exercise.

In undertaking consultation, you will connect with clients that experience a range of health challenges and chronic health conditions. The clients will feel that they have been truly heard in relation to their health journey and their personal goals. From your subsequent understanding of these and sound clinical assessment, you will formulate evidence based care plans that have been tailored to personal health and life circumstances. You will document progress towards their goals in a care plan report, which you will then provide to their GP.

To support this consultation work, you will undertake essential administration tasks that underpin the business. These include the acceptance and processing of referrals and documentation through established record keeping processes. This work also includes the processing of payments for supplied clinical services and any Medicare or health fund rebates using HICAPS.

## Group exercise facilitation

* Undertake clinical assessment of each member and formulate an evidence based program tailored to their health and life circumstances
* Run group exercise classes and monitor each member’s activity therein including clinical assessment methods as appropriate
* Record and manage client attendance
* Follow up clients that have missed their group time

**What SSandH expects from you**

## Qualifications and accreditations

* You will have an under graduate or post graduate qualification in Exercise Physiology;
* Accreditation as an Exercise Physiologist with ESSA is essential;
* Current senior first aid certificate.

## Your experiences

**Individual clinical consultation**

* Accept and process referrals from GPs;
* Schedule referrals into client management software and manage client attendance at their appointments;
* Undertake clinical assessment of the client’s health and exercise challenges and formulate evidence based care plans tailored to the health and life circumstances of the client;
* Produce clinical reports that detail the client’s care plan and their progress towards the goals of their plan
* Print and organise adequate amounts of SSandH resources for use during consultations
* Respond to enquires by prospective clients with the intent of making an appointment

**Group exercise**

* Undertake clinical assessment of each member and formulate an evidence based program tailored to their health and life circumstances
* Run group exercise classes and monitor each member’s activity therein including clinical assessment methods as appropriate
* Record and manage client attendance

## The behaviours you will role model

* A positive and energising communicator;
* A careful listener;
* A compassionate and non-judgmental attitude towards the challenges current and prospective clients face to exercise;
* A client centered approach to the formulation of realistic care plans;
* A love of learning;
* Commitment to your own health and wellbeing.

**Contract Date**

To commence Monday 15th May for 4 consecutive weeks.