

Position Description

Exercise Physiologist, Grade 2 Physiotherapy Outpatients

Classification:	Exercise Physiologist, Grade 2
Business unit/department:	Physiotherapy
Work location:	Austin Hospital <input type="checkbox"/> Heidelberg Repatriation Hospital <input checked="" type="checkbox"/> Royal Talbot Rehabilitation Centre <input type="checkbox"/> Other <input type="checkbox"/> (please specify)
Agreement:	Allied Health Professionals (Victorian Public Health Sector) Single Interest Enterprise Agreement 2021-2026
Employment type:	Full-Time
Hours per week:	38
Reports to:	Manager of Physiotherapy Stream Leader - Physiotherapy Outpatients
Direct reports:	N/A
Financial management:	Budget: N/A
Date:	December 2025

Position purpose

This is a Permanent, Full-Time (1.0EFT) Exercise Physiology Position.

The primary purpose will be to provide timely, safe, and effective clinical assessment and treatment to musculoskeletal outpatients and DVA veterans populations within our Physiotherapy outpatient gym and aquatic programs.

About the Physiotherapy Department

The Physiotherapy Department comprises approximately 112 EFT staff at the Austin Hospital, Heidelberg Repatriation Hospital and the Royal Talbot Rehabilitation Centre. Clinical A physiotherapy clinical service is provided seven days per week, 12 hours per day to acute and aged care inpatient areas as well as outpatient and community services. There is a seven-day primary care service for musculoskeletal injuries in the Emergency Department.

The Physiotherapy Outpatients service provides care at the Health and Rehabilitation Centre (HRC), this includes individual assessment / treatment and a variety of evidence-based group treatment sessions in both our gym and aquatic treatment areas. The service has strong partnerships across Veterans Services, Orthopaedics, Neurosurgery and the Emergency Department at Austin Health.

Position responsibilities

Role Specific – Patient Care

- Provide exercise physiology assessment and exercise prescription to physiotherapy outpatients. This includes delivery of 1:1 assessment and group interventions
- Safely and effectively manage the allocated exercise physiology clinical caseload including.
 - Veterans Gym Groups
 - Veterans Hydrotherapy Groups
 - General Gym Group
 - High Performance Gym Group
 - Ward 17 Inpatient Gym / Hydrotherapy
 - DVA Veterans 1:1 Initial and annual review appointments
 - Staff gym Program co-ordination
- Assist and provide flexibility to cover other physiotherapy outpatient groups as required

Administration/Management

- Complete all administrative tasks associated with clinical care including.
 - Timely and accurate documentation
 - Attendance data via Trak
 - Exercise program prescription updates.
- Update relevant clinical resources
- Maintain safety of gym area and equipment; identify / report and address any issues
- Attend scheduled departmental and Physiotherapy OP team meetings / in-services / PD / Journal club

Training and Development

Self:

- Participate in local orientation program
- Completing annual pool rescue
- Maintain clinical knowledge in exercise rehabilitation and adult education
- Attend relevant internal and external education

Staff / Student Teaching and Supervision:

- Local orientation and supervision of rotating gym allied health assistant
- Exercise Physiology Student placement supervision

Quality Improvement

- Engage in quality improvement activities within the physiotherapy department

Research

- Assist with research activities within the physiotherapy department – as required



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Selection criteria

Essential knowledge, skills and experience:

- Clinical experience in the provision of exercise prescription / monitoring and progression for patients across a diverse range of musculoskeletal and chronic health conditions
- Well-developed organisational, written and verbal communication skills and the capacity to oversee a range of clinical and non-clinical responsibilities
- Interpersonal skills that will enhance the safety, care and clinical outcomes for all clients including those from diverse backgrounds
- Capacity to successfully work to enhance the musculoskeletal physiotherapy team culture and clinical environment.
- Ability to provide clinical support, training, and education to Allied Health Assistants within an outpatient clinical setting
- Exposure and/or previous experience in the supervision of Exercise Physiology students
- Demonstrated initiative, problem-solving skills and flexibility.

Desirable but not essential:

- Knowledge of hospital based IT systems (clinical systems, risk reporting)
- Clinical exposure / experience in aquatic therapy
- Evidence of ongoing professional development related to exercise physiology

Professional qualifications and registration requirements

- Current Accredited Exercise Physiologist with ESSA
- Accredited BA in Clinical Exercise Physiology
or
- Accredited BA Exercise and Sports Science and postgraduate degree in Clinical Exercise Physiology Program
or
- Non-accredited BA Exercise and Sports Science and ESSA accredited postgraduate degree in Clinical Exercise Physiology

Quality, safety and risk – all roles

All Austin Health employees are required to:

- Maintain a safe working environment for yourself, colleagues and members of the public by following organisational safety, quality and risk policies and guidelines.
- Escalate concerns regarding safety, quality and risk to the appropriate staff member, if unable to rectify yourself.
- Promote and participate in the evaluation and continuous improvement processes.
- Comply with the principles of person-centered care.
- Comply with requirements of National Safety and Quality Health Service Standards and other relevant regulatory requirements.

Other conditions – all roles

All Austin Health employees are required to:



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- Adhere to Austin Health's core values: *our actions show we care, we bring our best, together we achieve, and we shape the future.*
- Comply with the Austin Health's Code of Conduct policy, as well as all other policies and procedures (as amended from time to time).
- Comply with all Austin Health mandatory training and continuing professional development requirements.
- Provide proof of immunity to nominated vaccine preventable diseases in accordance with Austin Health's immunisation screening policy.
- Work across multiple sites as per work requirements and/or directed by management.

General information

Cultural safety

Austin Health is committed to cultural safety and health equity for Aboriginal and/or Torres Strait Islander People. We recognise cultural safety as the positive recognition and celebration of cultures. It is more than just the absence of racism or discrimination, and more than cultural awareness and cultural sensitivity. It empowers people and enables them to contribute and feel safe to be themselves.

Equal Opportunity Employer

We celebrate, value, and include people of all backgrounds, genders, identities, cultures, bodies, and abilities. We welcome and support applications from talented people identifying as Aboriginal and/or Torres Strait Islander, people with disability, neurodiverse people, LGBTQIA+ and people of all ages and cultures.

Austin Health is a child safe environment

We are committed to the safety and wellbeing of children and young people. We want children to be safe, happy and empowered. Austin Health has zero tolerance for any form of child abuse and commits to protect children. We take allegations of abuse and neglect seriously and will make every effort to mitigate and respond to risk in line with hospital policy and procedures.



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