

# Position Description

## Exercise Physiologist- Grade 2

<b>Classification:</b>	EP67 to EP70 Exercise Physiologist Grade 2
<b>Business unit/department:</b>	Medical Cognitive Research Unit (MCRU)
<b>Work location:</b>	Heidelberg Repatriation Hospital
<b>Agreement:</b>	Allied Health Professionals (Victorian Public Health Sector) Single Interest Enterprise Agreement 2021-2026
<b>Employment type:</b>	Fixed-Term Part-Time
<b>Hours per week:</b>	16
<b>Reports to:</b>	MCRU Medical Director and MCRU Manager
<b>Direct reports:</b>	Nil
<b>Financial management:</b>	Nil
<b>Date:</b>	Aug 2025

### Position purpose

This position involves coordinating and delivering the exercise intervention component of the FITTEST Study, a Type 1 hybrid effectiveness-implementation trial evaluating strategies to reduce frailty in mildly frail older adults living in the community across Australia.

### The FITTEST Study Objectives:

- Primary Objective:**  
 To determine whether a supervised frailty intervention—comprising exercise, nutrition support, medication review, and social engagement, facilitated by a health coach—leads to a greater reduction in frailty at six months compared to a self-directed, web-based program. It is hypothesised that participants in the supervised group will show greater improvement in frailty levels.
- Secondary Objective:**  
 To compare health-related quality of life and outcomes across the four pillars of the intervention: physical function and strength, nutritional status, medication optimisation, and social connectedness.
- Additional Objectives:**  
 To assess the cost-effectiveness of the supervised intervention versus the self-directed program, and to explore individual and contextual barriers and enablers to participation and delivery. This includes understanding how these factors influence the mechanisms of impact and overall outcomes.

### **Role of the Exercise Physiologist (EP):**

The EP will support all aspects of the study, including participant recruitment, coordination, and delivery of the exercise intervention in alignment with the study protocol. The EP may also be required to support our colleagues in Health Independence Program (HIP).

## **About the Directorate/Division/Department**

The Medical and Cognitive Research Unit (MCRU) is located at the Heidelberg Repatriation Hospital Campus of Austin Health and is tiered within the Continuing Care Clinical Service Unit. It is the largest dementia clinical trials centre in the southern hemisphere, and one of the largest in the world.

MCRU has a strong and successful history in conducting numerous clinical trials in various neurodegenerative disorders, with most of the trials focusing on Alzheimer's Disease.

The atmosphere within MCRU is energetic, friendly, and cohesive, with strong teamwork ethic amongst all staff members. The unit comprises of study coordinators, medical investigators, administrative staff, a recruitment officer and neuropsychologists.

## **Position responsibilities**

### **Role Specific:**

The EP will:

- Work as an effective member of the research team, assisting the participants and their carers to navigate the study and contribute to the provision of high quality, accessible, flexible and client-centred service provision.
- Adhere to the study protocol
- Assist with recruitment
- Participate in the ongoing development and the study and MCRU.

### **Patient Care**

Both supervised and self-directed groups will follow a program combining progressive resistance and balance training. Participants will access web-based modules aligned with current exercise guidelines and expert consensus for older adults.

Online resources include worksheets, instructional videos, safety guidance, and rationale tailored to the study cohort. Resistance training will use body weight only—no free weights, machines, or bands. Those wishing to progress with external loads will be advised to consult an exercise professional at their own cost.

The supervised group will undergo a one-hour assessment with the EP. Participants will then attend twice-weekly, one-hour sessions for six months.

### **Administration/Management**

- Maintain trial documentation as directed
- Commence and maintain required study documentation in the relevant databases
- Participate in the development and application of program policies and procedures to support the ongoing development and improvement of the service.



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- Initiate and participate in quality improvement activities that improve service delivery.
- Actively ensure all administrative documentation is completed in a manner consistent with organisational policies and procedures, legislative and regulatory requirements.

#### **Training and Self-Development:**

- Complete annual mandatory training requirements as specified by Austin Health
- Complete the study trainings as required in an efficient and timely manner

#### **All Employees:**

- Comply with Austin Health policies and procedures, as amended from time to time, which can be located on the intranet (The Hub): <http://eppic/>
- Participate in Austin Health's annual Performance Review and Development (PRD) program as required
- Engage in processes to monitor service delivery and participate in improvement activities
- Undertake not to reveal to any person or entity any confidential information relating to patients, employees, policies, and processes and not make public statements relating to the affairs of Austin Health without prior authority of the Chief Executive Officer
- Report incidents or near misses that could have impact on safety and participate in the identification and prevention of risks
- Participate in the emergency incident response activities as directed
- Undertake other duties as directed by MCRU / hospital management

### **Selection criteria**

#### **Essential skills and experience:**

- A commitment to Austin Health values: Our actions show we care, we bring our best, together we achieve, we shape the future
- Significant experience in the exercise management of patients with frailty and other gerontological conditions
- Excellent communication skills
- Demonstrated excellence in planning and organisation skill, and excellent attention to detail.
- Proven capacity to successfully work as part of a multidisciplinary team
- Ability to problem solve in a variety of complex situations
- Strong commitment to evidence-based practice
- Strong commitment to ongoing education/postgraduate education
- Demonstrated initiative, problem solving skills and flexibility
- Experience and proficiency in Microsoft Office suite

#### **Desirable but not essential:**

- Research experience
- ICH-GCP knowledge
- Proficiency in various data entry software.

### **Professional qualifications and registration requirements**



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- Relevant Exercise Physiology degree
- Exercise Physiologist accredited with ESSA

## 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-centred 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:

- Adhere to Austin Health's core values (pictured below)
- 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 training and 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. 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 people identifying as Aboriginal and/or Torres Strait Islander, neurodiverse, LGBTQIA+, people with disability and people of all ages and cultures.

### Austin Health is a child safe environment



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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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