




SPORT AND EXERCISE SCIENCE / EXERCISE PHYSIOLOGY CAREER SNAPSHOT


BOOST YOUR EMPLOYMENT PROSPECTS

 Explore your options, clarify your career goals

 Build your networks

 Gain course relevant experience

 Fine tune your job application skills

 Show initiative, engage in extra-curricular activities and stand out

For further ideas access [Career Ready Plan](#)

Exercise Scientist

	Average age 28 years
	Future Growth Very strong
	Gender Share 52% female
	Average full-time 43 hours
	Weekly Pay \$2,094
	Skill level rating Very high skill
	Unemployment Lower unemployment
	Full-Time Share 66% Full-Time
	Employment Size 2,600 workers

Source: [Good Universities Guide](#) February 2023

Sport and Exercise Science

The **JCU Bachelor of Sport and Exercise Science** is a 3 year full time degree accredited by [Exercise and Sports Science Australia \(ESSA\)](#). On successful completion of the degree, students are eligible for professional membership with ESSA. Graduates may elect to apply for the Master of Clinical Exercise Physiology.

Accredited Exercise Scientists (AES) are professionals with high level training in exercise and sports science. Who have “the knowledge and skills to apply the science of exercise to develop interventions that improve health, fitness, well-being, performance, and that assist in the prevention of chronic conditions”.

Source: [ESSA](#) February 2023

Accredited Exercise Scientists can work in a wide range of environments, including:

- Fitness centres, gymnasiums, private practice, or business
- Education, policy and program planning in schools and government
- Coaching/training
- Community Health and hospitals
- Health promotion
- Corporate health, industrial/mining, workplace wellbeing, employment screening
- Ageing and aged care sector²

Source: ESSA. [What is an accredited Exercise Scientist?](#) February 2023

Accredited Sports Scientists (ASpS) apply scientific principles and techniques to assist coaches, athletes, and teams to help them understand and enhance sports performance.

Source ESSA. [Accredited Sports Scientist Scope of Practice](#) February 2023

Exercise Physiology

The JCU Master of Clinical Exercise Physiology is a 1.5 year full time degree or part-time equivalent, and students who successfully complete the course are eligible to obtain accreditation credentialing with Exercise and Sports Science Australia (ESSA).

Source: [JCU Handbook February 2023](#)

Accredited Exercise Physiologists specialize in clinical exercise interventions for persons at high-risk of developing, or with existing, complex medical conditions and injuries. Interventions may include health and physical activity education, advice and support, and lifestyle modification with a strong focus on achieving behavioural change⁴.

Source: ESSA [What is an Accredited Exercise Physiologist?](#) February 2023

Accredited Exercise Physiologists (AEP) are eligible to register with Medicare Australia, the Department of Veterans' Affairs and WorkCover and are recognised by most private health insurers.

Exercise and Sport Science Australia (ESSA) provide the following examples of target pathologies that Exercise Physiologists may specialise in:

- **Cardiopulmonary:** including hypertension, coronary artery disease, chronic heart failure, asthma, cystic fibrosis.
- **Metabolic:** including obesity, dyslipidaemias, impaired glucose tolerance, diabetes mellitus.
- **Musculoskeletal:** including osteoarthritis, rheumatoid arthritis, osteoporosis, sub-acute and chronic specific and non-specific musculoskeletal pain, and injuries.
- **Neurological/neuromuscular:** including stroke, spinal cord injury, acquired brain injury, Parkinson's disease, multiple sclerosis, and cerebral palsy.

- **Other:** including cancers, mental illness and conditions associated with aging.

Accredited Exercise Physiologists

are employed in:

- Public and private hospitals
- Primary, secondary, and tertiary health care
- Private and multidisciplinary clinics
- Population health
- Workplace health and rehabilitation
- Residential aged care facilities and retirement facilities
- Sporting settings⁵

Source: ESSA. [Accredited exercise physiologist scope of practice](#). February 2023

Graduate Opportunities

Online job sites provide information on job opportunities and **employer requirements and expectations** for the positions advertised.

It is important you work towards gaining the skills, knowledge and experience expectations identified in your research, to ensure you are competitive when entering the graduate labour market.

Useful websites include:

- [ESSA](#)
- [Sports People](#)
- [Australian Sports Commission](#)
- [Clearinghouse for Sport](#)
- [Healthy People](#)
- [Health Care Link](#)
- [Medijobs](#)
- [JCU Careerhub](#)
- [Seek](#)
- [LinkedIn Jobs](#)
- [Workforce Australia](#)
- [Queensland Health](#)
- [Queensland Government Jobs](#)
- [Australian Public Service Jobs](#)

Job opportunities are also posted on employer websites, Facebook pages, LinkedIn accounts and twitter feeds.

Graduates may choose to establish their own business. Check the National Disability Insurance Scheme [NDIS](#) for eligibility to become a registered provider.

The Australian Fitness Academy's [Step by Step Guide to Starting a Fitness Business](#) is a useful starting point when considering establishing your own enterprise.

LinkedIn Career Path Data

The James Cook University LinkedIn page provides information over 160 JCU alumni who have listed [Sports and Exercise Science](#) and over 300 JCU alumni who have listed [Exercise Physiology](#) within their LinkedIn profile.

Investigate these LinkedIn profiles to identify **career pathways and current and past employers** of JCU Sports and Exercise Science and Exercise Physiology graduates.

Examples of employers listed in the LinkedIn profiles include ESSA, JCU, QLD Health, North Queensland Toyota Cowboys, Australian Strength and Conditioning Association and CQU.

Source: [James Cook University LinkedIn](#) February 2023

Professional Associations and Industry Bodies

Students are encouraged to investigate relevant Professional Associations and Peak Bodies to gain greater awareness of developments and opportunities within their future industry area. Several Professional Associations offer discounted membership fees to students.

The benefits include access to industry news and trends, networking events, mentoring programs and professional development opportunities. Membership sends a clear signal to employers about commitment to your future profession and ongoing professional development.

Explore your eligibility to join:

- [Exercise and Sport Science Australia](#)
- [Sports Medicine Australia](#)
- [Australian Strength and Conditioning Association](#)
- [Fitness Australia](#)
- [Services for Australian Rural and Remote Allied Health](#)

Workplace Experience

Gaining experience before you graduate is essential as employers want evidence that you possess the necessary skills and knowledge to competently perform the job.

The Sports and Exercise Science and Exercise Physiology practicums provide an excellent opportunity for students to network and apply the skills and knowledge they have been developing throughout their degree.

In addition to your mandatory **course placements**, consider gaining further course related experience.

Volunteering is a great way to form professional networks, experience different work environments and gain experience and skills prior to graduating.

Look for opportunities to develop and practice your customer service, professional communication, and business skills.

Opportunities are listed on:

- [FNQ Hospital Foundation \(Cairns\)](#)
- [Brighter Lives](#)
- [FNQ Volunteers](#)
- [Volunteering North Queensland](#)
- [Townsville Community Directory](#)
- [Cairns Community Directory](#)
- [Seek Volunteering](#)

Stand Out

Employers want to know you can offer more than your educational qualifications. Be proactive, get involved and stand out from the crowd.

- Become a [Student Mentor](#) at JCU.
- Attend or undertake professional development opportunities e.g. check [ESSA](#) opportunities.
- Take on challenges e.g., undergo a remote placement to demonstrate resilience and initiative.
- Become involved in community organisations, sporting clubs etc. get known, develop contacts and network.
- Actively participate on [LinkedIn](#), develop an impressive professional profile, join relevant groups, connect with professionals, follow employers of choice, e.g., Queensland Health, Australian Sports Commission.
- Develop your business and entrepreneurial skills. Free short courses are available on LinkedIn Learning. For free access [log in](#) via the JCU library website.