



Career Guides

Exercise Physiologist

Exercise physiologists assess, plan, and implement fitness programs for preventing chronic diseases and injuries. They support many people in the community by creating programs tailored to a client's needs.

Exercise physiologists can help people with health issues such as

- > Cardiovascular disease

- > Diabetes

- > Osteoporosis

- > Depression

- > Cancer

- > Arthritis



Where you Might Work

Exercise Physiologists can work in a range of different environments within the fitness, sport, and recreation industry. They are most likely to work in spaces such as:

- › Gyms.
- › Allied Health Practices.
- › Professional or amateur sporting clubs.
- › Retirement or nursing homes.
- › Recreation centres

Key Responsibilities

Exercise Physiologists have many key responsibilities and tasks that must be fulfilled daily. These responsibilities include:

- › Assisting and improving the function of muscles through physical activity and exercise programs.
- › Administering a variety of tests to identify and assess physical problems and ailments of clients.
- › Planning and discussing effective management of disabilities, weight, injuries, or fitness.
- › Designing, monitoring, and assessing fitness treatments or programs for a client.
- › Referring clients to specialists and collaborating with other health professionals in relation to the needs of a client.
- › Educating clients and their family on rehabilitation procedures, such as home exercise, to enhance their wellbeing.

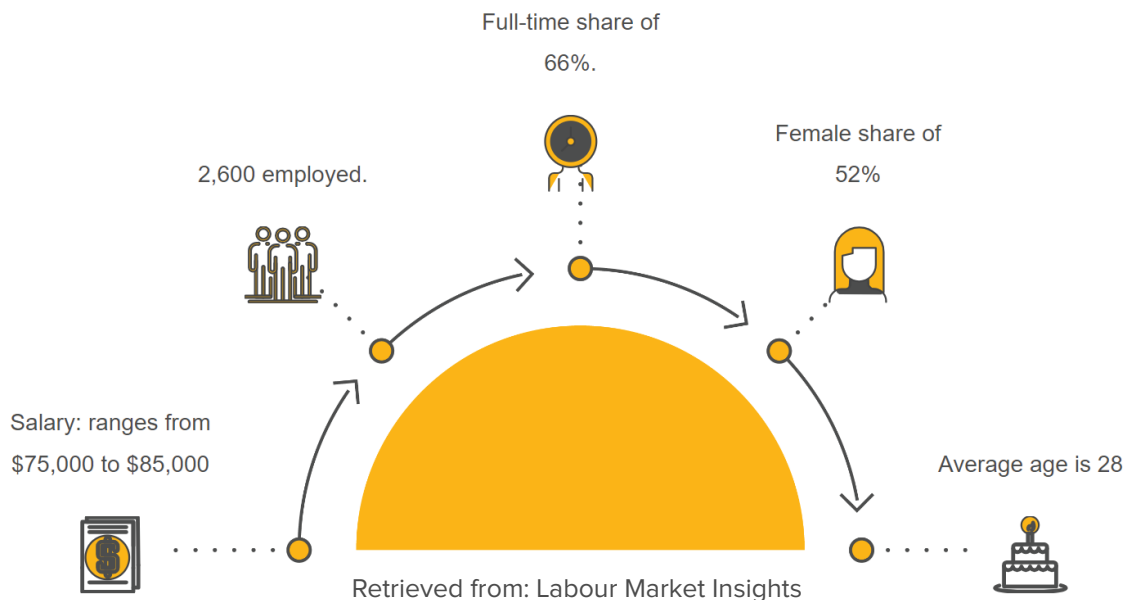


The Attributes and Skills You Will Need

The skills Exercise Physiologists need to consistently perform at a high level include:

- Expert-level knowledge of human biology, human movement, and diseases.
- Active listening skills.
- A high level of communication skills, both in-person and digitally.
- A high level of digital and traditional literacy.
- A high school ATAR score from QTAC.

Quick Facts



Salary: The average salary for an Exercise Physiologist ranges from \$75,000 to \$85,000, according to seek.com.au.



Qualifications

To become an Exercise Physiologist, there are no VET courses that allow you to go straight into the industry. Students and jobseekers who are looking to find a career in this role will have to attend university.

| Course | Potential Career Outcomes | Further Qualifications | Duration and Number of elements/units |
|--|---|--|--|
| Bachelor of Clinical Exercise Physiology | Different places of work, including: <ul style="list-style-type: none">• Hospitals• Specialised clinics• Gyms• Professional sporting clubs | Some students may be invited to undergo an honours year for further knowledge. | 4 years full-time 7 years part-time |



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