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National Center Director
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Affiliation

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Exercise & Sport Science Australia

Host Institution – Exercise & Sport Science Australia

Founded in 1991, Exercise & Sports Science Australia (ESSA) is a professional organization committed to establishing, promoting and representing the career paths of tertiary-trained exercise and sports science practitioners. ESSA advocates on behalf of three exercise and sports science professional groups: accredited exercise physiologists, accredited exercise scientists, and accredited sports scientists / accredited high-performance managers. The organization’s advocacy activities are focused on supporting and progressing ESSA’s mission to lead and promote excellence in exercise and sports science for the benefit of the Australian community and its professional members.



National Center Advisory Board Affiliation

Jeff Coombes, Ph.D.	<ul style="list-style-type: none"> • Professor & Director, Centre for Research on Exercise, Physical Activity & Health, The University of Queensland
Anita Hobson-Powell	<ul style="list-style-type: none"> • CEO, Exercise and Sports Science Australia (ESSA)
Nicole McClure, R.N.	<ul style="list-style-type: none"> • Australian Primary Health Care Nurses Association (APNA)
Elizabeth Flynn	<ul style="list-style-type: none"> • Preventive Health Policy, Australian Department of Health
Chris Askew, Ph.D.	<ul style="list-style-type: none"> • Associate Professor, School of Health & Sport Sciences, University of Sunshine Coast
Robert Newton, Ph.D.	<ul style="list-style-type: none"> • Associate Dean & Co-Director of the Exercise Medicine Research Institute, Edith Cowan University
Lynn Davies, M.D.	<ul style="list-style-type: none"> • General Practitioner, Tintenbar Medical Centre
Craig Knox	<ul style="list-style-type: none"> • CEO, Sports Medicine Australia (SMA)
Anja Nikolic	<ul style="list-style-type: none"> • CEO, Australian Physiotherapy Association (APA)
Kate Simkovic	<ul style="list-style-type: none"> • CEO, Australasian College of Sport and Exercise Physicians (ACSEP)
Hamish Osborne, M.D.	<ul style="list-style-type: none"> • Senior Lecturer, Sport & Exercise Medicine, University of Otago • Vice President, Australasian College of Sport and Exercise Physicians (ACSEP)

2020 Goals

- Seek additional sources of funding and support for EIM initiatives, in addition to Ministry of Health funding
 - Expand EIM to hospital systems
 - Continue to create broad awareness of EIM
 - Greater priority to engagement of health care providers through education and provision of resources. Help health care professionals be more effective in counselling and referring patients
 - Provide greater support for the referral of patients to appropriately trained allied health professionals to deliver exercise services for the prevention and treatment of chronic disease
 - Build stronger stakeholder relationships
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Accomplishments to Date

- Tailored the EIM Solution to the Australian healthcare environment
 - Received funding from the Australian Ministry of Health to train 500+ health care providers in 2018 for an overall total of more than 1300 providers trained over the past 5-7 years.
 - Held an 'EIM in Practice' initiative where staff from 7 GP practices were educated about EIM and follow up data collected regarding EIM implementation
 - Update of several EIM Australia resources to reflect the latest evidence and improve usability including: Healthcare Provider Action Guide, posters, brochure, tips for starting an exercise program, referrals under Medicare
 - EIM Australia's factsheets were ranked by Medical Observer as the 2nd best physical activity resource for healthcare providers and patients behind only behind the AUS PA Guidelines
 - Development of EIM factsheets for Aboriginal and Torres Strait Islanders
 - A factsheet on Type 2 Diabetes was launched, and significant groundwork for cardiovascular disease and kidney disease factsheets was also completed (2015)
 - Created four additional factsheets on exercise and specific disease conditions (2016)
 - Endorsement of the EIM education package by the Australian Association of Practice Nurses
 - Development of an EIM GP visit kit
 - Conducted EIM workplace initiative (Be Active at Work) with 2000+ staff
 - Produced more than 100 targeted communications via EIM newsletters, EIM Network Newsletters, website blog and Facebook, primary healthcare publication articles featuring EIM Australia
 - Approached over 30 government and not for profit organizations for EIM promotion and partnering
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