

JOB DESCRIPTION

Exercise Physiologist

ABOUT UNITING

Our purpose: To inspire people, enliven communities and confront injustice.

Our values: As an organisation we are **Imaginative, Respectful, Compassionate and Bold.**

At Uniting NSW.ACT is responsible for the social justice, community services and chaplaincy work of the Uniting Church in NSW and the ACT.

We provide care and support for people through all ages and stages of life, with a focus on people experiencing disadvantage and vulnerability. Our purpose is to inspire people, enliven communities and confront injustice.

We value diversity and always welcome everyone exactly as they are. We are **one of Australia's largest and most trusted Service Providers for Children, Youth and Family programs** which is made up of a team of **diverse, purpose-led people** who really are making a difference to the world around them.

ABOUT THE ROLE

Role Purpose

This role is responsible for working in collaboration with the program to provide quality interventions and assessments to clients. This is achieved through the design, delivery, evaluation and adaptation of safe and effective exercise interventions, that can improve the client's physical and emotional wellbeing.

ROLE KEY ACCOUNTABILITIES

You will be an integral member of the Uniting Recovery team through the following:

- Maintain a high standard of conduct and work performance based on Uniting's values to promote our reputation with key internal and external stakeholders.
- Ensure integration and collaboration across Uniting programs to deliver seamless and impactful end to end services with the client at the centre.
- Actively engage and participate in the performance management framework and review processes at Uniting.
- Act in a manner which upholds and positively reflects the Uniting Code of Conduct and Ethical Behaviour.
- Contribute to a culture of openness, feedback and productivity.
- Model, communicate and act in ways that are consistent with our values of Bold, Respectful, Imaginative and Compassionate.
- Take care of the safety of yourself and others at all times and undertake work in a safe manner in accordance with policies, procedures and instructions (written or verbal) and in adherence to WHS policies and procedures.

- Actively contribute to a safe and supportive working environment that is inclusive of all staff through celebrating their nationality, cultural background, LGBTI status, abilities, gender and age.

As the Exercise Physiologist, your role specifically will:

- Engage, assess and provide appropriate interventions for program clients.
- Develop, organise, and supervise individual and/or group exercise programs.
- Facilitate exercise programs to enhance wellbeing and aid in the reduction of mental health concerns in consumers using evidenced based exercise and lifestyle interventions.
- Ensure care is delivered in accordance with evidence-based practice and is commensurate with or exceeds competency standards of the profession.
- Ensure all equipment is kept in safe working order and handled with due respect to the safety of self and others.
- Participate, cooperate, and communicate with all other staff members, medical practitioners, and other agencies to ensure maximum continuity of care.
- Be aware of and act within any legislation and policies, which are relevant to consumers and service delivery.
- Work collaboratively to maintain effective, sustainable relationships with consumers and their families/significant others, and relevant service systems to engage and promptly respond to needs.
- Actively participate in the ongoing improvement of the program through the program innovation working group.
- Maintain data, reporting management, and consumer information, ensuring that records are accurately documented, stored and meet both organisational and legislative requirements.
- Assist with the care of the on-site therapy pet/s, including care, feeding and walking, where relevant within the program.

ABOUT YOU IN THE ROLE

As a staff member of Uniting, you will celebrate diversity and welcome all people regardless of lifestyle choices, ethnicity, faith, sexual orientation or gender identity.

Your directorate:	Communities
You'll report to:	Team Leader/Service Manager

YOUR KEY CAPABILITIES

Individual leadership

- **Improving performance** - Works with others and offers suggestions to find ways of doing the job more effectively.
- **Owning the job** - Takes ownership for all responsibilities and honours commitments within their own role and strives to achieve goals with a "can-do" attitude to levels of excellence.
- **Perseverance** - Remains committed to completing the job in the face of obstacles and barriers.
- **Timeliness of work** - Sets achievable timeframes and works to complete projects, tasks and duties on time.

Business Acumen

- **Organisational Operation** – Displays awareness of Uniting’s business objectives and understands how personal objectives relate to those objectives.
 - **Organisational Objectives** – Has broad awareness of Uniting’s vision and values and how they apply to issues in the team.
 - **Develops and Grows the Business** – Understands team and organisational goals and works collaboratively with Team Members to achieve organisational goals.
 - **Makes Sound Decisions** – Analyses problems, seeks input from relevant people and then takes appropriate action to implement the most effective solution in a timely manner.
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QUALIFICATIONS & EXPERIENCE

Qualifications:

- Bachelor level qualification in Human Movement, Exercise Science, or equivalent and relevant to the field of work.
- Accreditation with Exercise and Sports Science Australia (ESSA).
- Current Australian Driver’s Licence.

Experience:

Typically, this role will require two (2) or more years’ experience in your field of expertise. You will have excellent written and verbal communication skills, be organised, systematic, thorough, accurate and disciplined. You will be continuing to develop in your area of expertise and be expected to provide innovative ideas to solve problems in your discipline. It is expected that you will possess good skills at navigating a complex organisation, forging relationships, and managing through influence rather than direct authority as required.

In addition to the above, you’ll have:

- Experience working with clients with a severe and persistent mental illness.
- Demonstrated skills in decision making, problem solving, negotiation and crisis management.
- Ability to work collaboratively in a multidisciplinary team to plan and deliver high quality client care.
- Ability to complete accurate and timely consumer documentation, including assessments.
- Strong communication skills and ability to effectively build and maintain positive relationships with key stakeholders.
- Working knowledge and commitment to consumers’ rights and responsibilities. Commitment to supporting consumers within the program to achieve positive outcomes.
- Demonstrated experience utilizing Microsoft Office, maintaining client information and electronic records.
- Proven ability to work independently, and cohesively as part of a team.

Even Better:

- Completion of ASIST training and/or experience in suicide intervention.
- Current Mental Health First Aid Certificate.
- Current First Aid Certificate.
- Advanced knowledge of local service networks.

Employee Name:	Insert employee name	Manager's Name:	Insert manager's name
		Title	Insert manager's title
Date:	Insert date	Date:	Insert date
Signature:		Signature:	