

ACCREDITED EXERCISE PHYSIOLOGISTS

Who are AEPs?

Accredited Exercise Physiologists (AEPs) specialise in the delivery of exercise, lifestyle and behavioural modification programs for the prevention and management of chronic diseases, injuries and disabilities. AEPs adopt a holistic approach to managing clients to encourage reablement, promote wellness and to improve clinical, functional and/or psychosocial status for their clients.

The AEP profession is a mainstream allied health profession widely recognised in the healthcare sector. AEPs are eligible to register with Medicare Australia, the Department of Veterans' Affairs, many private health insurers and state and national workers compensations schemes.

How are they different from other exercise professionals?

Accredited Exercise Physiologists are differentiated from other allied health professions or fitness professionals by the possession of extensive knowledge, skills and experience in clinical exercise delivery and health-behaviour change counselling for people with chronic diseases or injury.



What can an AEP offer my patients?

AEPs assess, prescribe, supervise and monitor exercise and lifestyle programs designed to achieve specific health outcomes for individuals with a broad range of pathological conditions. Working in collaboration with the general practitioner and the patient's healthcare team, AEPs will develop an exercise program based on your patient's current medical status to ensure the program is both safe and effective in achieving the required health goals. In addition, AEPs will work with your patient to help motivate and support them when they commence an exercise program and ensure they have the necessary skills to exercise safely and independently when ready.

AEPs can assist your patients by offering the following services at any level of primary, secondary or tertiary health care:

- » Screening and risk stratifying to ensure the safety and appropriateness of exercise and physical activity interventions;
- » Assessing 'movement' capacity in people of all ages and levels of health, well-being or fitness;
- » Development of safe, effective individualised exercise interventions;
- » Provision of health education, advice and support to enhance health and well-being;
- » Provision of physical activity advice and clinical exercise prescription, for those at high-risk of developing, or with existing chronic health conditions;
- » Provision of rehabilitation and advice for patients following the acute stage of injury, surgical intervention, or during recovery to restore functional capacity and well-being; and

To find an Accredited Exercise Physiologist, visit the [Exercise & Sports Science Australia website](https://www.exerciseright.com.au).

