

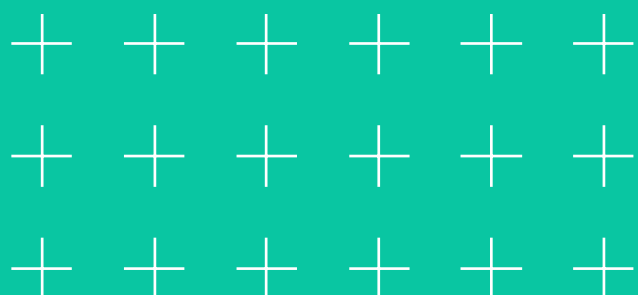


**The Royal
Melbourne
Hospital**

**Advancing
health
for everyone,
every day.**

Could this be you?

**Join the Royal
Melbourne
Hospital team**



Position Description

Exercise Physiologist, Grade One
Fixed term Full time

Royal Melbourne Hospital Mental Health Service

Community Team 2

Our reputation for caring for all Melburnians is as essential to who we are as any scientific breakthrough we make. We're here when it matters most, and we'll continue to be the first to speak out for our diverse community's wellbeing.

Advancing health for everyone, every day.

Position Description

Position Title:	Exercise Physiologist, Grade One
Service:	RMH Mental Health Services
Location:	Community Team 2 / JCU1
Reports To:	Program/Unit Manager, Team Leader, Exercise Physiology Supervisor, Exercise Physiology Clinical Educator
Enterprise Agreement:	<u>Allied Health Professionals (Victorian Public Sector) (Single Interest Employers) Enterprise Agreement 2021-2026</u>
Classification:	EP61 – EP66
Employment Status:	Full time Fixed Term
Immunisation Risk Category:	Category A
Date of Review:	November 2025

POSITION SUMMARY

Royal Melbourne Hospital Mental Health Services provides person-centred, recovery-oriented care, treatment and support through our multi-disciplinary workforce of skilled and dynamic clinicians, and Lived and Living experience (LLE) consumer and carer experts. We are dedicated to providing caring and high-quality specialist community and hospital-based mental health services for adults and older adults who are experiencing, or are at risk of developing a serious mental illness. We are committed to working with consumers during their recovery by offering trauma informed holistic and evidence-based treatment, which is inclusive of family, carers and kin and provided by staff with well-developed skills. Staff employed within the service are expected to identify evidence-based practice approaches and to use these within their work.

We have a robust future ahead as the lead mental health service for the Victorian Collaborative Centre for Mental Health and Wellbeing Service, and also for the Statewide Trauma Service. These leading programs will drive mental health reform across the sector, and will offer a wide range of opportunities for involvement of staff within the RMH MHS. Our partnerships with multiple community and academic organisations support our program and enable a sophisticated learning structure, with a focus on research translation.

The Entry Level Program (ELP) offers Exercise Physiologist new graduates and early career Exercise Physiologists the opportunity to develop skills in clinical mental health with a strong focus on supervision, reflective practice, education and training, and self-care.

Graduate Exercise Physiologists work in multidisciplinary teams, in a clinical setting for 24 months (some with an opportunity to rotate to different settings) and are well supported as they develop their general mental health and discipline specific clinical skills. Clinicians engage in regular discipline specific supervision,

The graduate program provides competency-based learning and supports graduates in meeting graduate key competencies. Each position is a full-time contract at eighty hours per fortnight including monthly ADO. This role may include some weekend work.

Exercise Physiology provides services to people experiencing mental health and wellbeing concerns; and their families and supports. This is done through utilizing both generic clinical mental health and discipline specific skills and knowledge.

Exercise Physiologists commonly use a strengths-based and biopsychosocial practice approaches with a focus on optimising physical health and mental wellbeing and community participation within a recovery-oriented practice approach. Exercise Physiologists collaborate with Aboriginal and Torres Strait Islander consumers, are inclusive of diversity and work with consumers' families, supporters and their communities to encourage optimal recovery, healing and emotional wellbeing in a mental health setting.

Exercise Physiologists must have current accreditation as an AEP through Exercise and Sport Science Australia (ESSA) and engage in regular clinical supervision for the purposes of support, education, and accountability to ensure competency-based skills are achieved.

- Take reasonable care for your safety and wellbeing and that of others
- Work in your scope of practice and seek help where required
- Work in partnership with consumers, patients and where applicable carers and families
- Work collaboratively with colleagues across all RMH teams
- Continue to learn through mandatory training and other learning activities
- Seek feedback on your work including participation in annual performance discussion
- Speak up for safety, our values and wellbeing
- Prioritise wellbeing and ensure safe work practices are developed and adhered to in their area
- Respect that the RMH is a smoke-free environment
- Contribute to organisation-wide and service/division initiatives and planning activities
- Involve the consumer and relevant others in the planning and implementation of safe and effective Exercise Physiology intervention using evidence-based practice to inform decision making
- Monitor and achieve relevant KPIs and targets and operate within their allocated budget
- Ensure risk management activities are completed, effective controls are in place and incidents are recorded, investigated and corrective actions implemented as far as is reasonably practical.
- Create a psychologically safe work environment where everyone feels safe to speak up.
- Clinical work as allocated, including individual, group and capacity building interventions
- Comply with legal, professional, ethical and other relevant standards, codes and guidelines
- Active participation in managerial and discipline specific supervision
- Contribute to organisation-wide and service/division initiatives and planning activities.
- Plan and implement an efficient, effective, culturally responsive and consumer centred Exercise Physiology assessment
- Participation in continuous quality improvement activities and/or relevant projects both within the clinical team and department as required
- Attend and participate in team meetings, clinical reviews and team education sessions including those with a managerial and/or clinical focus
- Attend and participate in all components of the Entry Level Program

Internal	External
<ul style="list-style-type: none"> • Program or Unit Manager • Allied Health Manager • Director Allied Health & Professional Development • Team Leader • Multidisciplinary Team • Consumers and Carers • Exercise Physiology Supervisor • Exercise Physiology Clinical Educator • Entry Level Program Coordinator and Discipline Lead 	<ul style="list-style-type: none"> • Key community stakeholders, including but not limited to: • Other Health Services • Local councils and leisure centres • General Practitioners • Private practitioners • University Partners • NDIS providers • My Aged Care • ESSA

Formal Qualifications & Registration

- ### Essential:

- Desirable:

- Ability to speak a community language in addition to English
- Aboriginal and Torres Strait Islanders and/or those with experience in working with ACCHO and Aboriginal Communities and Families are highly encouraged to apply

Your performance will be measured through your successful:

- Exercise Physiologist, Grade One | RMH Mental Health Services | January 2024

AT THE RMH WE:

- Aim to provide a working environment that is safe and without risk to the health, safety and wellbeing of all employees, patients and consumers, and visitors.
- Speak up for patient, consumer, colleague and visitor safety, escalating issues if required.
- Deliver Safe, Timely, Effective, Person-centred Care (STEP) in line with our clinical governance framework.
- Are an equal opportunity employer, committed to providing a work environment free of harassment and discrimination. We promote diversity and inclusion in the workplace.
- Work in accordance with relevant policies, procedures, standards and legislation including those related to clinical or competency requirements, risk management, discrimination, equal opportunity and health safety and wellbeing.

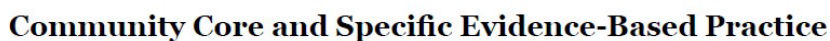
ACCEPTANCE

I acknowledge and accept that this position description represents the duties, responsibilities and accountabilities that are expected of me in my employment in the position. I understand that the RMH reserves the right to modify position descriptions as required, however I will be consulted when this occurs.

Employee Signature

Employee Name (please print)

Date _____

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