

# ESSA

## 2015 ANNUAL REPORT



An underwater photograph showing several swimmers in a pool. The water is clear and blue, with light filtering through from above, creating a shimmering effect. The swimmers are seen from below, their heads and arms visible as they move through the water.

# OUR VISION

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To achieve member excellence  
in exercise and sports science  
that will enrich the health and  
performance of every Australian.











# OUR MISSION

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Empowering our members by providing strategic leadership in exercise and sports science through advocacy, support of professional networks and the promotion of excellence in education, research and professional practice.



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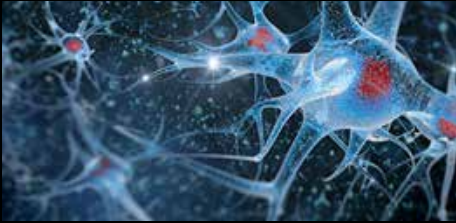


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# GOVERNANCE

NAME	POSITION	STATE CHAPTERS
Mr Nathan Reeves	President	<b>QUEENSLAND</b>
Dr Kade Davison	Vice-President	Mr John Dennehy
Mr Sebastian Buccheri	Director	<b>NEW SOUTH WALES</b>
Professor Steve Selig	Director	Mr Andrew Boyle
Dr Belinda Parmenter	Director (until December)	<b>VICTORIA</b>
Professor Aaron Coutts	Director	Ms Gemma Houston
Mr Andrew Haynes	Director (until September)	<b>WESTERN AUSTRALIA</b>
Ms Larina Tcherkezian	Director	Mr David Beard
Mr Chris Tzarimas	Director (until May)	<b>SOUTH AUSTRALIA</b>
Dr Simon Rosenbaum	Director (from May)	Mrs Jessica Northcott
		<b>TASMANIA</b>
		Mr James Fell

## 2015 AWARDS

**EXERCISE PHYSIOLOGY PRACTICE OF THE YEAR 2015** – HEALTHY CONNECTIONS EXERCISE CLINIC

**ACCREDITED EXERCISE PHYSIOLOGIST OF THE YEAR 2015** – LORRAINE BARWICK

**ACCREDITED EXERCISE PHYSIOLOGIST GRADUATE OF THE YEAR 2015** - RENEE WELLER

**EXERCISE SCIENTIST OF THE YEAR 2015** - DAVID BENNETT

**ESSA MEDAL 2015** - DR ROBERT STANTON

## 2015 GRANTS

**CLINICAL EXERCISE PHYSIOLOGY RESEARCH GRANT** – DR NICOLAS HART

**PROJECT TITLE** – *Mechanical modulation of bone metastases in advanced prostate cancer patients: Can targeted exercise suppress sclerotic tumour progression? – A pilot study.*

**APPLIED SPORTS SCIENCE RESEARCH GRANT** – DR PETER PEELING

**PROJECT TITLE** – *Ironing out the problem: Can a carbohydrate rich diet enhance iron metabolism in athletes?*

**TOM PENROSE COMMUNITY SERVICE GRANT** – MS SHELLEY KEATING

**PROJECT TITLE** – *High intensity exercise for non-alcoholic steatohepatitis - is it safe, effective, and feasible in practice?*



# NATIONAL OFFICE

ANITA HOBSON-POWELL  
**CHIEF EXECUTIVE OFFICER**

RACHEL COLLINS  
**P.A. TO THE CHIEF EXECUTIVE OFFICER**

BELINDA BURKE  
**OPERATIONS MANAGER**

RACHEL HOLMES  
**ACCREDITATION MANAGER**

ZOE BICKERSTAFFE  
**MARKETING AND COMMUNICATIONS MANAGER**

KELLIE DUGGAN  
**MARKETING AND COMMUNICATIONS COORDINATOR**

EMILY DONOHOE  
**DESIGN AND COMMUNICATIONS OFFICER**

SARAH HALL  
**PROFESSIONAL DEVELOPMENT OFFICER**

JANETTE FRAZER-ALLEN  
**STANDARDS OFFICER**

LOUISE CZOSNEK  
**INDUSTRY DEVELOPMENT MANAGER**

KATIE LYNDON  
**INDUSTRY DEVELOPMENT OFFICER**

ALEX LAWRENCE  
**INDUSTRY DEVELOPMENT OFFICER**

CARLY RYAN  
**STANDARDS SUPPORT OFFICER**

DR. SHARON HETHERINGTON  
**INDUSTRY DEVELOPMENT OFFICER**

RENEE FITZGERALD  
**PROJECT SUPPORT OFFICER**

NARELLE O'LOUGHLIN  
**MEMBERSHIP OFFICER**

NARDINE PRESLAND  
**ASSESSOR**

MELISSA CREED  
**ASSESSOR**

ASHLEE DEANE  
**ADMINISTRATION OFFICER**

AMY SPARKS  
**ADMINISTRATION OFFICER**

CAMELLA HOLLAND-BRIGHTMAN  
**RECEPTIONIST**

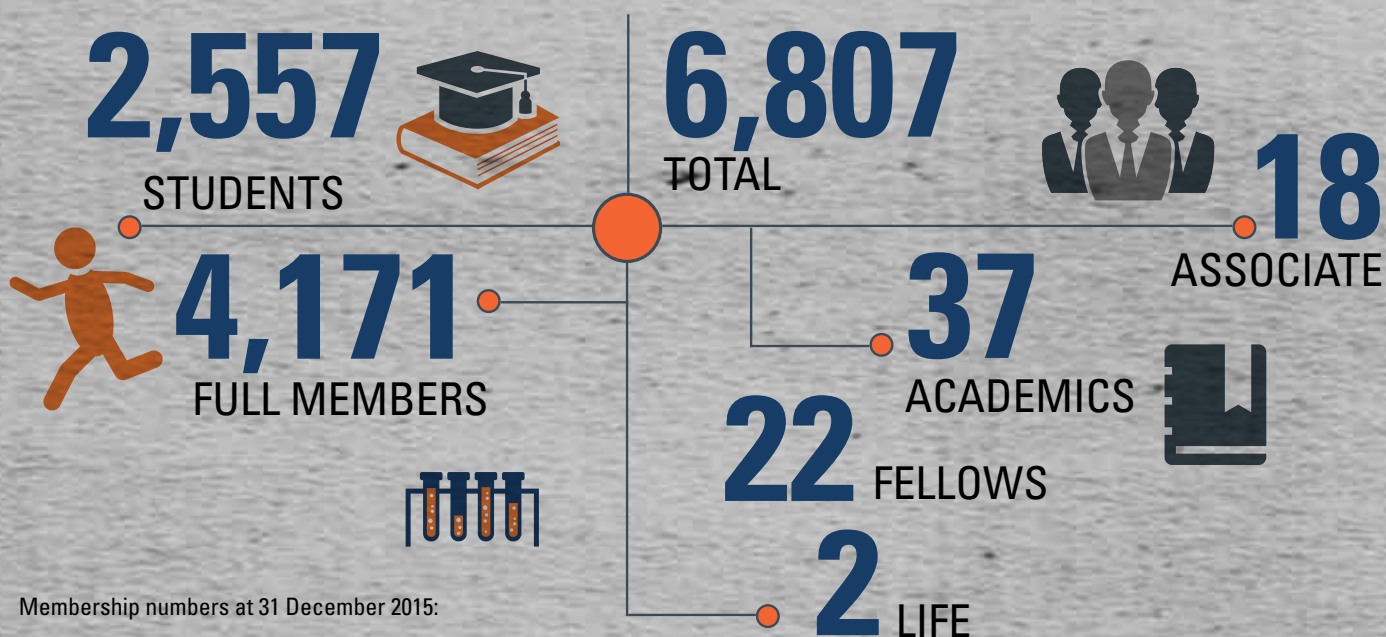
SUSAN BOLTON  
**OFFICE MANAGER**

JENNIFER ALENCAR  
**EXERCISE IS MEDICINE PROJECT OFFICER**



# MEMBERSHIP STATS

## MEMBERSHIP NUMBERS



Membership numbers at 31 December 2015:

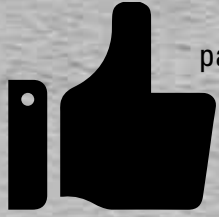
## ACCREDITATION NUMBERS



Accreditation numbers at 31 December 2015:



# EXERCISE RIGHT WEEK 2015



**92,579**

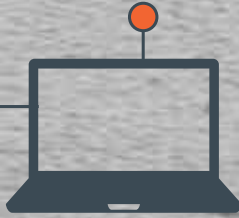
people reached through paid Facebook advertising

**1,795**

Facebook followers gained

WWW.EXERCISERIGHT.COM.AU VISITORS :

**22,869**



**11,945**

campaign promo video views on Facebook



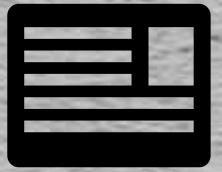
Over one million combined ad impressions over web and social.  
Total impressions:

**1,074,313**

**1,734**



YOUTUBE PLAYS



**980,000**

ad impressions through Fairfax website banner ads

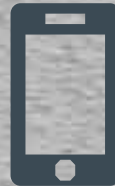
## ESSA

**149,000**

users of www.essa.org.au

**18,311**

users of the "Find an AEP" search



**115**

MEDIA MENTIONS



**30**

BLOG POSTS

which was equivalent to

**\$308,160**

paid advertising.

# PRESIDENT'S REPORT





On behalf of the ESSA National Board, I am delighted to present to the membership the 2015 Annual Report.

2015 was a demanding, yet productive year for ESSA. We saw the introduction of many new projects, programs, reports and campaigns which are setting the foundations for a successful future for the organisation.

In my second year as ESSA President I have overseen one of the biggest changes to ESSA in its history, the introduction of a new constitution. This new constitution will have an impact on ESSA and its members, but a change that I truly believe will help drive our future successes.

The constitution will help in a number of ways, firstly, ESSA will be able to better reward and recognise volunteers. This follows a trend in Not for Profit (NFP) organisations and will help ESSA to attract and retain skilled experts in key positions such as Board Directors, giving ESSA strong leadership.

Next sees the separation of the membership and accreditation functions of ESSA from 2016. This enables ESSA to comply with government legislation; gives members more choice in their relationship with ESSA and the services they receive from ESSA; and will enable ESSA to better meet public expectations on accreditation.

Lastly, the constitution will help strengthen the professions and recognise excellence. As part of this change and after much deliberation and consultation with ESSA's Advisory Councils and Committees, the Board decided to recognise the title of Accredited Exercise Scientist in line with ESSA's two other accreditations.

I understand the introduction of this new accreditation stream was met with some concerns from members, and I assure you all these concerns were considered and a measured decision was made considering all the necessary information. There was also a large voice of support for the move, as it is time that our exercise science members were given the title they deserve.

During the year we also saw the release of two new sets of standards for Exercise Physiology and Sports Science. These standards helped strengthen our professions and will play an important role in elevating our services and members to the industry. Through the AAC, review of the NUCAP standards began and will be released in 2016, I want to pass on my thanks to all those involved in the lengthy process.

One of the key highlights of the year was the release of the Deloitte's report on the "Value of Accredited Exercise Physiologists in Australia". ESSA commissioned Deloitte Access Economics to identify the benefits of employing Accredited Exercise Physiologists in chronic disease management, and in particular, identify economic benefits relating to avoided health system costs, avoided productivity costs and years of life saved attributed to interventions by Accredited Exercise Physiologists.



The report identified a high return on investment for accredited exercise physiology services in treating people with chronic conditions, notably pre-diabetes and diabetes, mental illness and congestive heart failure. We hope that this report will prove to be a valuable tool in our ongoing advocacy work with the Governments, Private Health Funds and Primary Health Networks.

In terms of public awareness, I was delighted to see the number of members who engaged with us during Exercise Right Week 2015. With events and media work undertaken around the country, it certainly was a week of activity. Our in-house statistics show that visitors to the Exercise Right website grew dramatically and the website continues to be a growing source of information for the general public.

ESSA also saw the launch of the 'Real Men Move' campaign in conjunction with NSW Family and Community Services. The website offers advice and information for men aged over 45 and references the importance of our members and their services, and once again we have seen a growing number of visitors to the site, and in turn, the use of our "Find an Accredited Member" function.

To conclude, 2015 has been one of real challenges. Yet in my mind challenges mean we are taking on the status quo and are not content with merely just 'being'. Challenges mean we are fighting to be the best, create the best and support the best future we can possibly have.

I want to thank all our members who have engaged with ESSA throughout the year. Passionate contributions will continue to be encouraged as it will help continue to advance the organisation.

My sincere gratitude must be passed on to all of our members, staff and National Board. I thank you for your on-going efforts and support over the last year, your actions never go unnoticed.

Yours in health,

*Nathan Reeves*  
**President**

# INDUSTRY DEVELOPMENT

2015 was a successful year for the Industry Development team, achieving increased workforce opportunities and policy recognition for the exercise and sports science industry.

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Over 70 submissions were completed, advocating policy change at multiple levels of government and providing comment to key stakeholders within the Australian healthcare system, including:

- Medicare Benefits Schedule Review (review of all MBS item numbers)
- Primary Health Care Advisory Group (reform of primary health care)
- Department of Veterans' Affairs (multiple meetings and submissions)
- Many formal responses and meetings with WorkCover authorities in SA, NSW, QLD and VIC
- Inquiry into Chronic Disease Prevention and Management in Primary Health Care
- National Asthma Strategy 2016-2020
- Feedback to Medical Services Advisory Committee on an MBS Item Number for Pulmonary Rehabilitation
- Several pre-budget submissions (including, Telehealth item number expansion to include all allied health, Expansion of MBS Type 2 Diabetes items to include patients with pre-diabetes).
- Australian National Diabetes Strategy 2016-2020

The Industry Development team secured several opportunities to further increase public awareness of the exercise and sports science workforce, including:

- Providing input into the Queensland Health Healthier.Happier initiative and NSW Health Make Healthy Normal campaigns, involving the provision of physical activity advice and programs to the general public. Almost 1 million consumers have accessed this initiative either via website or mobile app.

- ESSA secured substantial funding for the NSW Real Men Move campaign designed to increase physical activity levels of Australian men aged over 45 years.

ESSA commissioned Deloitte Access Economics to investigate the economic contribution of AEPs within the Australian health care setting. The final report, "Value of Accredited Exercise Physiologists in Australia", is a powerful resource to help guide health policy and effective strategies to address the burden of chronic disease through increased engagement of the AEP workforce. The ID team has promoted this resource to every level of government, private health funds, chief allied health officers, over 30 NGOs, all Primary Health Networks (PHNs), multiple media channels, other key stakeholders and the general public. We encourage members to utilise this resource when advocating your services locally.

Many other resources and initiatives have been developed to support members including the Strategic Imperatives and Service Descriptors (which can be accessed from the ESSA website).

In July 2015 ESSA became a HEAL regional licence holder. This licence has enabled ESSA to issue individual licences to members at the cost-effective rate of \$140 per year.

The ID team have continued to represent our members' needs at many high level stakeholder meetings and consultations, including, to Ministers and government departments, state-based WorkCover and Motor Accident Authority reviews, DVA allied health advisory group meetings, private health funds, National Rural Health Alliance, Allied Health Professions Australia, National Aged Care Alliance, Mental Health Council Australia and Services for Australian Rural and Remote Allied Health.







# EPAG

The Exercise Physiology Advisory Group (EPAG) has continued their role in supporting the development of the exercise physiology profession and being an expert reference group to the ESSA National Board and office staff in 2015.

In 2015 EPAG:

- Conducted a further review of the AEP scope of practice – mapping the scope against the new exercise physiology standards. It is expected the results of this activity will inform the development of a working party in 2016 to review ESSA's approach to scope more broadly.
- Completed and released the "When to refer to an AEP" document. This resource is an evidence-based document that is aimed at general practitioners and other health professionals, identifying when exercise is proven to be clinically indicated in the treatment of various conditions.
- Co-ordinated and attended the Society of Mental Health Researchers Confer-

ence. EPAG and ESSA office staff ran an interactive trade stand at the conference introducing psychiatrists and other mental health professionals to the work of AEPs in the mental health space.

- Maintained an active presence on national lobbying groups including; National Aged Care Alliance, National Rural Health Alliance and Mental Health Australia. Through these groups, EPAG and national office staff contributed to multiple submissions, working groups and consultation opportunities to advocate for the AEP profession.
- Provided correspondence on behalf of exercise physiology members to ESSA governing committees and National Board through the membership and ac-

creditation changes and recent NUCAP review.

- Reviewed the AEP of the Year and EP Practice of the Year awards for ESSA, in addition to facilitating the Rural and Remote conference award which provided financial support for a rural and remote-based member to attend the 2015 ESSA Business Forum.

EPAG is a voluntary committee comprising of passionate ESSA members. Our sincere thanks go to the committee for their tireless work throughout 2015 and in particular the Chair – Martin Bending. Members are encouraged to contact EPAG should they wish to raise issues of importance via [katie.lyndon@essa.org.au](mailto:katie.lyndon@essa.org.au)

# ESAG



2015 saw the first full year of operation for the Exercise Science Advisory Group (ESAG). Late in 2014 the group surveyed the membership to determine the key needs of exercise science members and 2015 saw the committee use this information to inform their first activity – developing a scope of practice for the profession.

ESAG have developed a draft scope of practice that was reviewed a number of times throughout 2015. The current version is in the process of final internal review, before being made public for member and external stakeholders' input and feedback. ESAG plan to have a scope of practice for the AES profession completed by the end of 2016. In addition to their primary task ESAG have:

- Assisted the National Office with developing generic AES flyers detailing what an AES does and how they can contribute to the health and well-being of Australians.
- Provided correspondence on behalf of exercise science members to ESSA's governing committees and National Board through the membership and accreditation changes and recent NUCAP review.

- Provided feedback to the Accreditation Advisory Council on accreditation standards and to the National Board on AES nomenclature.

ESAG comprises of passionate volunteers who serve as an expert reference group to the National Board and National Office. Our thanks and appreciation to the committee for their efforts in 2015 and in particular the Chair – Michael Baker. Members are encouraged to contact ESAG should they wish to raise issues of importance to the exercise science profession via [louise.czosnek@essa.org.au](mailto:louise.czosnek@essa.org.au)

# ACCREDITATION REPORT

## GOVERNANCE

In 2015 ESSA's ongoing review of governance processes in line with 'best practice' recommendations, extended to the area of Accreditation. In February 2015, the long standing NUCAP Executive Group responsible for overseeing NUCAP, was dissolved. ESSA thanks members of the NUCAP Executive for their dedication and valued contribution to the organisation.

In March 2015 the Accreditation Advisory Council (AAC) was introduced to supersede the NUCAP Executive. This change facilitates independence between the areas of Accreditation and Standards within the organisation, and fosters consistency in the assessment of the Professional Standards. Appointed AAC members are as follows:

Dr Herbert Groeller (chair); Associate Professor Leonie Otago; Associate Professor Margaret Torode; Associate Professor Annette Raynor; Dr Robert Crowther; Mr David Nunn; and Ms Rachel Holmes (ex-officio).

## NATIONAL UNIVERSITY COURSE ACCREDITATION PROGRAM (NUCAP)

Following the 2014 external review of NUCAP, work to develop a new system of course accreditation continued in 2015. The new system includes a methodology to assess the new Exercise Science and Exercise Physiology Professional Standards. A first round of consultation with stakeholder groups was undertaken in August 2015.

In 2015 the number of universities participating in NUCAP continued to grow. Three new courses were awarded accreditation across two universities, and applications were received for three new courses across two universities. Applications for re-accreditation were also received for 18 courses across four universities. Seven site visits to universities were undertaken to progress applications under consideration.

ESSA extends its appreciation to the 2015 NUCAP membership for their valued participation and commitment. These members include: Professor Tim Ackland; Professor Stephen Bird; Professor Andrew Cresswell; Dr Herbert Groeller; Associate Professor Anthony Leicht; Professor Peter Milburn; Associate Professor Leonie Otago; Associate Professor Peter Reaburn; Associate Professor Annette Raynor; Associate Professor Margaret Torode; Mr Marc Brown; Ms Sharrie Carter; Ms Wynter Chan; Dr Rosanne Coutts; Dr Robert Crowther; and Mr David Nunn.

Following an invitation for expressions of interest, in late 2015 eight new academics and practitioners were offered NUCAP membership.

## SPORTS SCIENCE

In 2015, ESSA continued work to develop new Sports Science Professional Standards, and a competency-based individual sports science accreditation system in consultation with various stakeholders. The consultation undertaken ensures that the Sports Science Professional Standards and accreditation system are applicable to the sports science industry and include both professional and Olympic sports. Development of the Professional Standards and the accreditation system was completed in late 2015, for implementation in early 2016. The new Sports Science Professional Standards consist of two levels, i.e. Level 1 and Level 2; with Level 2 incorporating a new accreditation for high performance managers.

In the first instance, a grandfathering clause will be initiated to facilitate the availability of appropriate supervisors and assessors within the profession. The grandfathering clause will be in effect for five years from the implementation of these Standards. Applications for credentialing as an Accredited Sports Scientist will be open to the wider sports science population shortly after the grandfathering clause is initiated.

While sports science will be an individual application accreditation, it is hoped that universities will consider the new Sports Science Professional Standards and modify courses to enable graduates to meet the Level 1 sports science accreditation requirements.

ESSA acknowledges and appreciates the significant commitment and effort to achieve the work completed, which was led by the ESSA Sports Science Accreditation Advisory Committee.

## EXERCISE SCIENCE AND EXERCISE PHYSIOLOGY

With the passing of the new Constitution at the 2015 AGM, it was approved for the implementation of exercise science as an accreditation rather than a membership category from 2016.

It was also approved to separate membership and accreditation from 2016. This change means that from 2016, individuals credentialed as either an Accredited Exercise Scientist (AES) or an Accredited Exercise Physiologist (AEP) will have the option of whether or not to hold ESSA membership.

Work to assess individual applications for accreditation as an AES, and graduate entry assessments against the new Exercise Science Professional Standards was concluded in late 2015, for implementation from 2016.

## INTERNATIONAL ACCREDITATION

In late 2014, ESSA introduced a 4-stage pathway for international applicants to obtain (AEP), which includes successful completion of an online written theory examination, and a practical examination. In 2015 a total of three applicants were successful in obtaining AEP through the international application route.





# MARKETING AND COMMUNICATIONS



2015 was another busy year for ESSA's Marketing and Communications with a number of new campaigns, initiatives and resources created throughout the year.

The 'Exercise Right' campaign for 2015 was a success in terms of total reach. The advertising budget was used to create online promotions through The Age, Sydney Morning Herald, Brisbane Times, WA Today and the Canberra Times, as well as strategic targeted advertising through social media. This was coupled with promotions of case studies and support in gaining media attention for ESSA members. The team also provided 400 'Exercise Right' packs for members.

October 2015 saw the launch of 'Real Men Move', a resource website created with support from Family and Community Services NSW. The website was developed with support from ESSA members and offers practical exercise advice for men aged 45+. In 2015, the Real Men Move website attracted 4,035 users from October to December.

October also saw ESSA run its #30for30 campaign which featured celebrities explaining their own reasons to exercise.

The Marketing and Communications team also ran three campaigns entitled "If you don't see or consult a professional who's the biggest loser?" "Mental Health Monsters" and a Christmas campaign.

In addition to overseeing all member communications such as ESSA enews, Professional Development News and Activate magazine, the team produced a number of new member resources and documents that will help support the profession.

In terms of media, the ESSA Marketing and Communications team worked with an external agency, Fresh PR, and produced over 30 media releases throughout the year. The outcome of this was 115 mentions of ESSA and its members which was equivalent to \$308,160 paid advertising.

## KEY HIGHLIGHTS FOR EXERCISE RIGHT

- Over one million combined ad impressions over web and social - 1,074,313 total impressions (the number of times people have come into contact with the Exercise Right Week campaign and brand) by way of online and social advertising (online banner ads, Facebook, YouTube)
- 92,579 people reached through paid Facebook advertising
- 980,000 ad impressions through Fairfax website banner ads
- 1,734 YouTube video plays
- 11,945 campaign promo video views on Facebook
- A total of 1,795 Facebook followers gained
- In addition, 6,457 active sessions were logged on the Exercise Right website

- A total of 1,891 sessions recorded on the 'Find an AEP' page on the ESSA website.
- An increase of 670 visitors when comparing to the month of April 2015 (1,221 total).
- A total of 22,869 users for 2015

## KEY HIGHLIGHTS FOR WWW.ESSA.ORG.AU

- 149,000 users of [www.essa.org.au](http://www.essa.org.au)
- 18,311 users of the "Find an AEP" search

# EXERCISE IS MEDICINE AUSTRALIA

Exercise is Medicine Australia (EIM) continues to provide innovative evidence based resources and information to healthcare providers across Australia. Our key goal of making physical activity and exercise a standard part of chronic disease prevention and management is supported by a number of successful initiatives focused on primary care engagement and education.

## EIM FACTSHEETS RANKED #2

Medical Observer ranked the Exercise is Medicine Australia factsheets as 2nd of the top 5 exercise resources for patients. Our factsheet library features 30 titles, discussing exercise for a range of conditions including stroke, COPD, cardiovascular disease, cancers, diabetes and more.

## PRIMARY CARE EDUCATION

The Aboriginal Health and Medical Research Council of NSW (AHMRC) partnered with EIM and the Australian College of Nursing to develop an in-depth professional development opportunity for 55 employees of Aboriginal Community Controlled Health Services, former Medicare Locals, and NSW Health in Narooma, Forbes, Forster and Bourke.

Increased knowledge and understanding of the benefits of exercise was clear in evaluations, with attendees identifying that they are now more confident to engage their patients in a conversation about physical activity, and that they have access to resources to support long term behaviour change. Participants noted that they have more knowledge and understanding of the role of Accredited Exercise Physiologists (AEPs). 84% of evaluations showed that the content was excellent or good, and 94% that the content is relevant to practice.

## GLOBAL COLLABORATION

EIM Australia welcomed an intern from the University of Miami, studying a dual Medicine and Masters of Public Health degree. The project had two objectives: to create resources for Aboriginal and Torres Strait Islander people with chronic conditions, an objective derived from evaluation of the EIM workshops delivered in partnership with the AHMRC; and to evaluate the amount of physical activity education in Australian medical schools. The findings were presented as a poster presentation at the University of Miami, showing that on average, Australian medical students are receiving only 7.85 hours of physical activity education and only 40% of medical school

directors felt physical activity education was sufficient for students.

The 6th World Congress on Exercise is Medicine was held in San Diego, California where EIM Australia joined leaders in sport and exercise science and medicine to discuss the latest in scientific and academic research. ESSA CEO Anita Hobson-Powell met with EIM National Centre Directors at the World Congress on Exercise is Medicine to discuss updates on EIM internationally, share successes and discuss strategies to better progress EIM in their respective countries. As a well-established national centre, EIM Australia played a leadership role at the meetings, providing advice to emerging markets in the setup and management of the initiative.

## RESOURCE DEVELOPMENT

A new Type 2 Diabetes factsheet was released for Aboriginal and Torres Strait Islander communities. Factsheets on HIV and organ transplants, and two further Aboriginal Health factsheets on Kidney Disease and Heart Disease have been commissioned and are in a preparatory stage, due for release in 2016.

Key GP resources were reviewed and updated to reflect the latest evidence and a new design. Updated versions of the EIM brochure, posters, Healthcare Provider Action Guide, Tips for starting an exercise program, Stages of Change Assessment tool, What to expect when you visit an AEP, and Referrals to Accredited Exercise Physiologists under Medicare are available to download from the EIM Australia website.

## EIM AUSTRALIA NETWORK

Preparation for the launch of the inaugural EIM Australia Provider Network for 2016 included update of existing resources and development of a new EIM Network poster and logo. Advertising material was prepared for distribution by health and medical peak bodies and Primary Health Networks.

Health and Medical professionals from all states working in hospitals, private practice, general practice and community centres have

signed up to the new EIM Australia provider network. Specialisations range from general practice, public health, chronic disease, exercise and sports science, physiotherapy, occupational therapy, aged care, medicine, and indigenous health.

## EIM IN PRACTICE

With an increased focus on the engagement of general practice, EIM in Practice provides an intensive implementation of the EIM framework into selected GP practices around the country.

EIM in Practice encompasses an in-clinic workshop to upskill GPs and practice nurses, and supporting resources to ensure practices are well equipped to engage patients in a conversation about physical activity and begin the process of long-term behaviour change. The available resources include the EIM Healthcare Provider Action Guide, Adult Pre-exercise Screening System, selected factsheets and patient resources such as the What to Expect when you visit an AEP flyer. The Healthcare Provider Action guide in conjunction with the workshop enables clinicians to: Ask the right questions about physical activity; Screen patients to determine their level of risk; Customise advice; Refer effectively; and Provide up to date, evidence based information to patients. Objective and self-reported data will be collected at scheduled follow-up points throughout 2016, with results to be used to inform future interventions and resource development.





# 2015 ESSA BUSINESS FORUM

The 2015 ESSA Business Forum was held at the Pullman Cairns International, Cairns, Queensland on 2 – 3 May 2015.

With over 200 delegates and 15 exhibitors, this Business Forum was the largest Forum in ESSA's history. The program consisted of 2 streams over 2 days, on topics and presentations of business related matters.

For the first time, we had a special keynote presenter, Ms Alisa Camplin OAM, who opened our Forum, and provided an insight into how she became a gold medallist athlete, and a successful business woman. Other Keynote presentations included Dr Brendan Joss, Mr Andrew Mahony

and Julie Macey (Health Funds). Panel sessions were also held within the program, raising topics of Mentoring and Business/Allied Health Professionals.

All other invited presenters were either successful AEPs who have created and still work within successful practices, or experts within their business related field from across Australia.

The program was broken down into 4 major areas being:

- Start Up
- Marketing & Promotion

- Agility & Innovation
- Finance & Legal

ESSA would like to thank the Forum Chairman, Mr Sebastian Buccheri and the committee, Mr Andrew Mahony, Dr Brendan Joss and Ms Kate Bell for their valuable contribution to this Forum. We would also like to thank our sponsors and exhibitors for their involvement.



# STANDARDS



The Standards Unit aims to enhance the professional standing of Exercise and Sports Science Professionals by setting standards related to professional practice, education and professional development, ethical conduct and workforce requirements.

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2015 was a big year for ESSA in the area of standards with the culmination of a number of significant and long term projects.

ESSA's ongoing governance review saw significant changes in the standards governance structure in 2015. After eight years, the ESSA Accreditation & Curriculum (EAC) Executive Group was disbanded and replaced by two independent governing councils. These are the Professional Standards Advisory Council (PSAC) and the Accreditation Advisory Council (AAC). These councils allow for a separation of functions related to the setting and administering of standards and processes related to professional practice from those related to development and accreditation of educational programs. The PSAC provides independent advice to the Board on matters related to professional practice.

Incorporating exercise science within the accreditation framework from 2016 allows for other changes including the introduction of a professional development requirement for Accredited Exercise Scientists. This change brings the profession in line with other accreditations (Accredited Exercise

Physiologists and Accredited Sports Scientists) as well as other professions that provide exercise and fitness services.

As a founding member of the National Alliance of Self Regulating Health Professions (NASRHP), ESSA has over the past four years, been extensively involved in the development of standards to accredit self-regulating professional bodies. These standards will facilitate national consistency in quality and support for self-regulating health professionals thus providing assurance to consumers, governance and other entities on the safety and quality of self-regulating health services. In 2015, the ESSA National Board decided to adopt these standards for Accredited Exercise Physiologists. In 2016 it will consider whether to extend these standards across all accredited professions within ESSA.

2015 saw the completion of the review of the Accredited Exercise Physiologist professional standards that began in 2013. This review was undertaken by the Exercise Physiology Accreditation Review Committee (EPARC) and led by Professor Steve Selig. The revised standards will replace the

current standards that have been in place since 2008. The key focus of the review was to integrate advances in both the science and practice of clinical exercise physiology, thereby expanding the scope of practice to future proof the profession. While retaining a focus on the key areas of musculoskeletal and cardiovascular, the standards also include a focus on mental health and rehabilitation.

In 2015, ESSA continued its consultation with industry to deliver an extensive revision to the Accredited Sports Scientist professional standards. This revision was started in response to a recent spotlight on the sports science industry as well as the 2013 senate inquiry into the "Practices of sport science in Australia" that recommended greater regulation of the industry. The revision was led by the Sports Science Accreditation Advisory Group (SpSAAG) that was chaired by Anita Hobson-Powell and with broad industry representation. It has resulted in a two level accreditation framework aligned to the practice of sports science and industry needs. ESSA will continue to engage with industry to rollout the standard across industry.







# TREASURER'S REPORT

In the year ending 31 December 2015 ESSA recorded total revenue of \$3,032,338, a decrease from 2014 of \$306,999. The main revenue streams were from accreditation fees (\$1,087,665) and membership fees (\$1,043,952).

Expenses in 2015 amounted to \$3,036,381, a decrease from 2014 of \$166,890, this was mainly due to a decrease in administration expense of \$385,868, however, this was reduced by an increase in employee costs of \$267,522.

Overall total membership increased by 42% in 2015 with the majority of the increase being in student membership. This was due to ESSA offering free membership to exercise and sports science students. Total student membership increased by 273% and across other membership categories there was an increase of 3.6%.

Further increases were in; accredited exercise physiologists (AEPs) increased by 8.3% to 3,637; and the number of accredited sports scientists (ASPs) increased by 27.6% to 37 at year end.

The success of the ESSA biennial Business Forum in 2015 attracting over 200 delegates, resulting in additional revenue of \$80,547 to the financials, and other professional development courses attributing further revenue of \$292,758 to operating income.

ESSA's cash flow was positive in 2015 with inflows of \$3,393,487 and outflows of \$3,230,589. The net cash held by ESSA at the end of December 2015 was \$1,973,461. The ESSA balance sheet has seen an increase of \$119,759 in total assets (\$2,202,615) and an increase of \$123,802 in total liabilities to \$1,005,995, resulting in a total equity of \$1,196,620.

As part of the audit process, recognition of deferred revenue of \$101,961 was recorded for services completed in 2015; this adjustment was for the application fees of NUCAP (National University Course Accreditation Program) and is now reflected in the 2015 financial report included within this Annual Report.

ESSA remains in a strong financial position to deliver opportunities to the ESSA membership and accredited industry professionals into the future.



# FINANCIAL STATEMENTS



**Exercise and Sports Science  
Australia Limited**  
ABN: 14 053 849 460

**Special Purpose Financial Report  
for the year ended 31 December  
2015**

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**FINANCIAL REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2015**

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**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**DIRECTORS' REPORT**

Your Directors present their report on the company for the year ended 31 December 2015.

***Directors***

The following persons were Directors of the company during the whole of the financial year and up to the date of this report unless otherwise stated:

Mr Nathan Reeves  
Dr Kade Davison  
Professor Steve Selig  
Mr Sebastian Buccheri  
Dr Belinda Parmenter (resigned 1 December 2015)  
Professor Aaron Coutts  
Mr Andrew Haynes (resigned 3 September 2015)  
Ms Larina Tcherkezian  
Dr Simon Rosenbaum (appointed 2 May 2015)  
Mr Chris Tzarimas (resigned 2 May 2015)

***Principal Activities***

2015 saw ESSA head into its 3rd year of its strategic plan. The strategic plan provided a clear direction to the Board and management of the organisation.

The company's short and long term objectives are to:

- Grow the association
- Promote its industries and its professions and influence key decision makers and stakeholders in the areas of exercise and sports science, health and fitness
- Establish a strong platform for professional network opportunities and industry linkages for its members
- Become the organisation of choice for high quality continuing education and professional development in the fields of exercise and sports science
- Support its members to maintain high professional standards of practice and ensure quality delivery of services to the community

To achieve these objectives, ESSA has prepared a strategic plan for 2013 – 2015, which is publicly available on the Association's website. It has been designed to provide a clear direction and unity of purpose for everyone involved in the management of the association and the provision of service for our members.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
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**DIRECTORS' REPORT (continued)**

The 2013-2015 strategic plan is designed to:

- provide guidance to the National Board, state chapters and National Office to plan and focus their work towards achieving the key strategic objectives of the association
- inform the process of developing the operational plan, budgeting and allocation of resources of the association to meet the key strategic objectives
- provide a framework to develop the key performance indicators of the association
- inform and communicate with the membership and stakeholders about the direction and intent of the association over the next 3 years

This plan focuses on one key goal, member excellence. This is achieved by focusing on:

- advancing the exercise and sports science industry through promotion of the industry and its practitioners, influencing policy and building strong professional networks. ESSA aims to advance exercise and sports science to create and retain quality opportunities for its members
- promoting professional standards by providing high quality education, accreditation and management of standards. ESSA aims to ensure that its members are the first choice providers for exercise and sports science services

The new strategic plan provided direction to ESSA to focus on a number of key activities during the 2015 financial year. Key activities for 2015 consisted of:

- Rolling out the association's constitution and new governance structures
- Providing a Business Forum to the members
- Expanding on the professional development offerings to the members
- Submitting over 70 submissions advocating policy change at multiple levels of government and providing comment to key stakeholders within the Australian healthcare system including: Medicare Benefits Schedule (MBS) Review Taskforce, Primary Healthcare
- Ongoing liaison and advocating with health funds , regulatory agencies (e.g. Medicare, Department of Veterans' Affairs, WorkCover), disease organisations and coalitions Lobbying for recognition of AEPs in the NSW WorkCover and Motor Accident Authority systems, the VIC Transport and Accident Commission, the QLD WorkCover system and SA WorkCover system
- Lobbying for recognition of AEPS in the SA WorkCover system
- Releasing of the new exercise physiology and sports science standards
- Lobbying for the need for regulation across the sports science industry through the media, networking with key stakeholders and government
- ESSA commissioned Deloitte Access Economics to investigate the economic contribution of AEPs within the Australian health care setting
- Development of many resources and initiatives to support members including the Strategic Imperatives and Service Descriptors documents



**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
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**DIRECTORS' REPORT (continued)**

- Maintain membership on National Primary Health Care Partnership, National Aged Care Alliance, the National Rural Health Alliance, Mental Health Council of Australia, and Allied Health Professions Association working groups
- Ongoing media exposure, including 32 media releases
- Created and launched Real Men Move Week which included advertising, video creation and online marketing and continued to develop the Exercise Right Week and 30 Days, 30 Reasons campaign
- Launched a Student Ambassador initiative
- Contract to provide intellectual property for the Queensland Health Healthier, Happier campaign and the NSW Make Healthy Normal Campaign achieving exposure for the AEP workforce to almost 1 million members of the public
- Operational requirements to split membership and accreditation functions of ESSA
- Involvement with the Exercise is Medicine Australia project initiatives

The Association measures its performance through growth and retention of the membership base, as well as the outcomes of the objectives listed above.

**Key Performance Measures**

The company measures its own performance through the use of both quantitative and qualitative benchmarks. The benchmarks are used by the directors to assess the financial sustainability of the company and whether the company's short-term and long-term objectives are being achieved.

	<b>2015</b>		<b>2014</b>	
	<b>Actual</b>	<b>Benchmark</b>	<b>Actual</b>	<b>Benchmark</b>
<b><i>Membership</i></b>				
Total membership	6,807	6,168	4,789	4,224
Full membership	4,171	4,451	4,028	3,710
Accredited Exercise Physiologist	3,637	3,740	3,359	3,083
Accredited Sports Scientists	37	32	29	30
<b><i>Operational and financial</i></b>				
Proportion of funding provided by:				
- membership	\$1,043,952	\$1,101,439	\$928,385	\$926,416
- accreditation	\$1,087,665	\$1,095,846	\$977,699	\$918,866
- professional development (inc Business Forum)	\$373,305	\$241,896	\$911,103	\$814,624
- NUCAP	\$185,082	\$263,712	\$159,820	\$160,206
Proportion of funding spent on:				
- Operational	\$2,845,648	\$3,035,533	\$2,917,520	\$3,244,864
- NUCAP	\$190,733	\$209,166	\$235,939	\$180,990

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**DIRECTORS' REPORT (continued)**

*Information on Directors*

<b>Director</b>	<b>Qualifications</b>	<b>Experience</b>	<b>Special Responsibilities</b>
Mr Nathan Reeves	B Sc (Phys) M Ex Rehab, GAICD, AEP	Lecturer – Griffith University Director – Reeves Consulting Project Manager – ClinEdAus	President (Jan - Dec 2015) Chair of Governance and Nomination Committee (Jan-Dec 2015) Member of the Audit, Finance and Risk Committee (Jan-Dec 2015)
Dr Kade Davison	Dip. Bldg Tech (Contract Admin/Quant Survey), B AppSci (HMS), B Hlth Sci (Hons) PhD, AEP, GAICD	Lecturer – University of South Australia	Vice President (Jan - Dec 2015) Member of Governance and Nomination Committee (Jan-Dec 2015)
Professor Steve Selig	BSc (Hons), DIP (PE), PhD, AEP	Professor, Clinical Exercise Science, Deakin University	Director (Jan – Dec 2015)
Mr Sebastian Buccheri	BAppSc HMS Grad Dip (Ex Rehab) AEP	Chief of Exercise Physiology Victorian Rehabilitation Centre – Healthscope Ltd Owner/Director – Symmetry Movement Medicine Partner – Enhanced Growth	Director (Jan-Dec 2015) Member of the Audit, Finance and Risk Committee (Jan-Dec 2015)
Dr Belinda Parmenter	B.Hlth. Sc (ExSpSc), PhD, AEP	Lecturer – University of New South Wales	Director (Jan – 1 Dec 2015) Member of Governance and Nomination Committee (Jan-1 Dec 2015)
Prof Aaron Coutts	BAppSc(HMS), PhD ASp	Professor – University of Technology Sydney Sports Science Consultant - Carlton Football Club	Director (Jan – December 2015)



**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

Mr Andrew Haynes	B.A. LL.B H Dip IS Cert. Legal Practice FGIA GAICD MAMI JP (Qual)	Independent Director, Railways Credit Union	Director (Jan – Sept 2015) Member of Governance and Nomination Committee (Jan- Aug 2015)
Ms Larina Tcherkezian	B.Bus (Acc), Grad Dip (App Corp Gov)	Financial Controller / Company Secretary for Listed & Unlisted Entities with 20 years financial accounting and company secretarial experience	Director (Jan – December 2015) Chair of the Audit, Finance and Risk Committee (Jan- Dec 2015)
Dr Simon Rosenbaum	BSc (Health & Ex Sc), hons, PhD, AEP	Lecturer, University of New South Wales	Director (May – Dec 2015)
Mr Chris Tzarimas	BSc(ExSc), MSc(Ex.Rehab.) AEP	Clinical Director – Lifestyle Clinic, UNSW	Director (Jan to 2 May 2015)

***Meetings of Directors***

During the financial year, 11 meetings of directors were held. Attendances by each director were as follows:

	<b>Directors' Meetings</b>	
	<b>Number eligible to attend</b>	<b>Number attended</b>
Mr Sebastian Buccheri	11	9
Ms Larina Tcherkezian	11	10
Professor Aaron Coutts	11	11
Dr Kade Davison	11	11
Mr Andrew Haynes	6	4
Dr Belinda Parmenter	9	7
Mr Nathan Reeves	11	11
Dr Simon Rosenbaum	6	6
Professor Steve Selig	11	10
Mr Chris Tzarimas	5	1

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**DIRECTORS' REPORT (continued)**

The entity is incorporated under the *Corporations Act 2001* and is an entity limited by guarantee. If the entity is wound up, the constitution states that each member is required to contribute a maximum of \$10 each towards meeting any outstanding obligations of the entity. At 31 December 2015, the total amount that members of the company are liable to contribute if the company is wound up is \$68,070 (2014: \$47,890).

***Auditor's Independence Declaration***

Section 307C of the Corporations Act 2001 requires the Company's Auditors, PKF Hacketts Audit, to provide the directors with a written Independence Declaration in relation to their audit of the financial report for the year ended 31 December 2015. The Auditor's Independence Declaration is attached and forms part of this Director's Report.

This report is made in accordance with a resolution of the Directors.



Director Larina Tcherkejian  
Brisbane, 30 March 2016

**AUDITOR'S INDEPENDENCE DECLARATION  
UNDER S307C OF THE CORPORATIONS ACT 2001  
TO THE DIRECTORS OF  
EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**

I declare that, to the best of my knowledge and belief, during the year ended 31 December 2015, there have been:

- (a) No contraventions of the auditor independence requirements as set out in the *Corporations Act 2001* in relation to the audit; and
- (b) No contraventions of any applicable code of professional conduct in relation to the audit.

*PKF Hacketts*

**PKF HACKETTS AUDIT**

*C Bradley*

**Cameron Bradley**  
**Partner**

Brisbane, 30 March 2016



**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME**  
**for the year ended 31 December 2015**

	Notes	2015 \$	2014 \$
Revenue	2	3,032,338	3,339,337
Employment benefits and on costs		(1,644,073)	(1,376,551)
Depreciation and amortisation expense		(46,474)	(49,812)
NUCAP expenses	4	(190,733)	(235,939)
Administration expenses	3	(1,155,101)	(1,540,969)
Profit/(loss) before income tax		(4,043)	136,066
Income tax expense	1(k)	-	-
Profit/(loss) for the year		<u>(4,043)</u>	<u>136,066</u>
Other comprehensive income		-	-
Other comprehensive income for the year, net of tax		<u>-</u>	<u>-</u>
Total comprehensive income/(loss) for the year		<u>(4,043)</u>	<u>136,066</u>
Profit/(loss) attributable to members of the entity		<u>(4,043)</u>	<u>136,066</u>
Total comprehensive income/(loss) attributable to members of the entity		<u>(4,043)</u>	<u>136,066</u>

The above Statement of Profit or Loss and Other Comprehensive Income should be read in conjunction with the accompanying notes.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**STATEMENT OF FINANCIAL POSITION**  
**as at 31 December 2015**

	Notes	2015 \$	2014 \$
<b>CURRENT ASSETS</b>			
Cash	5	1,973,461	1,769,432
Trade and other receivables	6	115,091	181,635
Inventories	7	8,550	4,190
Total Current Assets		2,097,101	1,955,257
<b>NON-CURRENT ASSETS</b>			
Plant and equipment	8	74,318	107,419
Intangible assets	9	1,650	930
Trade and other receivables	10	29,545	19,250
Total Non-Current Assets		105,514	127,599
<b>TOTAL ASSETS</b>		2,202,615	2,082,856
<b>CURRENT LIABILITIES</b>			
Trade and other payables	11	274,373	204,882
Provisions	12	96,585	82,973
Deferred revenue	13	585,189	571,943
Total Current Liabilities		956,147	859,798
<b>NON-CURRENT LIABILITIES</b>			
Provisions	14	49,848	22,395
Total Non-Current Liabilities		49,848	22,395
<b>TOTAL LIABILITIES</b>		1,005,995	882,193
<b>NET ASSETS</b>		1,196,620	1,200,663
<b>EQUITY</b>			
Retained earnings	15	1,196,620	1,200,663
<b>TOTAL EQUITY</b>		1,196,620	1,200,663

The above Statement of Financial Position should be read in conjunction  
with the accompanying notes.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**STATEMENT OF CHANGES IN EQUITY**  
**for the year ended 31 December 2015**

	Notes	2015 \$	2014 \$
Total equity at the beginning of the year		1,200,663	1,064,597
Total comprehensive income/(loss) attributable to the entity		(4,043)	136,066
Total equity at the end of the year	15	<u>1,196,620</u>	<u>1,200,663</u>

The above Statement of Changes in Equity should be read in conjunction with the accompanying notes.



**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**STATEMENT OF CASH FLOWS**  
**for the year ended 31 December 2015**

	Notes	2015 \$ Inflows/ (Outflows)	2014 \$ Inflows/ (Outflows)
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Receipts from customers (inclusive of GST)		3,393,487	3,638,527
Payments to suppliers and employees (inclusive of GST)		(3,230,589)	(3,394,199)
		162,898	244,328
Interest received		55,224	35,134
Net cash (used in)/generated from operating activities	18(a)	218,122	279,462
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Payments for plant and equipment		(13,373)	(17,079)
Investment in Trade Marks		(720)	(480)
Net cash used in investing activities		(14,093)	(17,559)
Net increase/(decrease) in cash held		204,029	261,903
Cash at the beginning of the financial year		1,769,432	1,507,529
Cash at the end of the financial year	18(b)	1,973,461	1,769,432

The above Statement of Cash Flows should be read in conjunction  
with the accompanying notes.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

**1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

The directors have prepared the financial statements on the basis that the company is a non-reporting entity because there are no users who are dependent on its general purpose financial reports. These financial statements are therefore special purpose financial statements that have been prepared in order to meet the requirements of the *Corporations Act 2001*. The company is a not-for-profit entity for financial reporting purposes under Australian Accounting Standards.

Exercise and Sports Science Australia Limited is an Australian Public Company limited by Guarantee, incorporated and domiciled in Australia.

The financial statements have been prepared in accordance with the mandatory Australian Accounting Standards applicable to entities reporting under the *Corporations Act 2001* and the significant accounting policies disclosed below, which the directors have determined are appropriate to meet the needs of members. Such accounting policies are consistent with the previous period unless stated otherwise.

The financial statements, except for the cash flow information, have been prepared on an accruals basis and are based on historical costs unless otherwise stated in the notes. The material accounting policies adopted in the preparation of these financial statements are presented below and have been consistently applied unless stated otherwise. The amounts presented in the financial statements have been rounded to the nearest dollar.

The financial statements were authorised for issue on 30 March 2016 by the directors of the company.

**Accounting policies**

**(a) Revenue**

Revenue from rendering of a service is recognised upon the delivery of the service to the customers.

Revenue from the sale of goods is recognised upon the delivery of goods to customers.

Interest revenue is recognised using the effective interest rate method, which for floating rate financial assets is the rate inherent in the instrument.

Contributions of non-current assets are measured at the fair value of the consideration received or receivable.

Non-reciprocal grant revenue is recognised in the statement of comprehensive income when the entity obtains control of the grant and it is probable that the economic benefits gained from the grant will flow to the entity and the amount of the grant can be measured reliably.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

**1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

**(a) Revenue (continued)**

If conditions are attached to the grant which must be satisfied before it is eligible to receive the contribution, the recognition of the grant as revenue will be deferred until those conditions are satisfied.

When grant revenue is received whereby the entity incurs an obligation to deliver economic value directly back to the contributor, this is considered a reciprocal transaction and the grant revenue is recognised in the statement of financial position as a liability until the service has been delivered to the contributor, otherwise the grant is recognised as income on receipt.

All revenue is stated net of the amount of goods and services tax (GST).

**(b) Deferred revenue**

Revenue received in advance is deferred and recognised as a current liability. Deferred revenue is recognised as revenue in the Statement of Profit or Loss and Other Comprehensive Income when the service or event to which the revenue relates has occurred.

**(c) Receivables**

The collectability of debts is assessed at year end and provision is made for any doubtful accounts.

Debtors are usually settled within 30 days and are therefore carried at amounts due.

**(d) Inventories**

Goods are carried at the lower of cost and current replacement cost.

**(e) Plant and Equipment**

Each class of property, plant and equipment is carried at cost or fair value, less, where applicable, accumulated depreciation and any impairment losses.

**Plant and equipment**

Plant and equipment are measured on the cost basis less depreciation and any impairment losses.



**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

**1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

**(e) Plant and Equipment (continued)**

The carrying amount of plant and equipment is reviewed annually by directors to ensure it is not in excess of the recoverable amount from these assets. The recoverable amount is assessed on the basis of the expected net cash flows that will be received from the assets employment and subsequent disposal. The expected net cash flows have been discounted to their present values in determining recoverable amounts.

Plant and equipment that have been contributed at no cost, or for nominal cost, are recognised at the fair value of the asset at the date it is acquired.

**Depreciation**

The depreciable amount of all fixed assets including buildings and capitalised lease assets, but excluding freehold land, is depreciated on a straight-line basis over the asset's useful life to the entity commencing from the time the asset is held ready for use. Leasehold improvements are depreciated over the shorter of either the unexpired period of the lease or the estimated useful lives of the improvements.

The depreciation rates used for each class of depreciable assets are:

<b>Class of Fixed Asset</b>	<b>Depreciation Rate</b>
Office Equipment	10-50%
Computer Equipment	25%

The assets' residual values and useful lives are reviewed, and adjusted if appropriate, at the end of each reporting period.

An asset's carrying amount is written down immediately to its recoverable amount if the asset's carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposals are determined by comparing proceeds with the carrying amount. These gains or losses are recognised immediately in profit or loss. When revalued assets are sold, amounts included in the revaluation surplus relating to that asset are transferred to retained earnings.

**(f) Leases**

Lease payments for operating leases, where substantially all of the risks and benefits remain with the lessor, are charged as expenses on a straight-line basis over the lease term.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

**1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

**(g) Impairment**

At the end of each reporting period, the entity reviews the carrying values of its tangible and intangible assets to determine whether there is any indication that those assets have been impaired.

If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value in use, is compared to the asset's carrying value. Any excess of the asset's carrying value over its recoverable amount is expensed to the statement of profit or loss and other comprehensive income.

**(h) Employee Entitlements**

*Superannuation*

Contributions are made by the company to an employee superannuation fund and are charged as expenses when incurred.

*Employee benefits*

Provision is made for the company's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits that are expected to be settled within one year have been measured at the amounts expected to be paid when the liability is settled. Employee benefits payable later than one year have been measured at the present value of the estimated future cash outflows to be made for those benefits.

**(i) Cash and cash equivalents**

Cash and cash equivalents include cash on hand, deposits held at-call with banks, other short-term highly liquid investments with original maturities of three months or less and bank overdrafts.

**(j) Goods and Services Tax (GST)**

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Taxation Office (ATO). Receivables and payables are stated inclusive of the amount of GST receivable or payable. The net amount of GST recoverable from, or payable to, the ATO is included with other receivables or payables in the statement of financial position.

Cash flows are presented on a gross basis. The GST components of cash flows arising from investing or financing activities which are recoverable from, or payable to, the ATO are presented as operating cash flows included in receipts from customers or payments to suppliers.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

**1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

**(k) Income tax**

The Company is a not for profit organisation which is exempt from the payment of company income tax under Division 50 of the Income Tax Assessment Act 1997.

**(l) Provisions**

Provisions are recognised when the company has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured. Provisions recognised represent the best estimate of the amounts required to settle the obligation at the end of the reporting period.

**(m) Trade and Other Payables**

Trade and other payables represent the liability outstanding at the end of the reporting period for goods and services received by the company during the reporting period which remain unpaid. The balance is recognised as a current liability with the amount being normally paid within 30 days of recognition of the liability.

**(n) New accounting standards for application in future periods**

The AASB has issued new and amended Accounting Standards and Interpretations that have mandatory application dates for future reporting periods. The company does not anticipate early adoption of any of the new or amended Australian Accounting Standards.

**(o) Critical Accounting Estimates and Judgments**

The directors evaluate estimates and judgments incorporated into the financial statements based on historical knowledge and best available current information. Estimates assume a reasonable expectation of future events and are based on current trends and economic data, obtained both externally and within the company.

There are no estimates or judgements used by management that have a material impact on these financial statements.



**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

**1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES**

**(p) Prior period error**

In 2015, after the 2014 financial statements had been authorised for issue, the entity discovered that there had been an error in the application of an accounting policy in relation to NUCAP application fee revenue.

The entity's policy is to defer NUCAP revenue until the corresponding services have been performed. The entity had recognised \$101,959 of NUCAP application fees as revenue earned in 2014, while the services were not completed until 2015.

The cumulative effect of the correction of the error on the retained earnings, NUCAP revenue and deferred revenue of the entity at 31 December 2014 is shown as per below:

	<b>2014 (as presented)</b>	<b>Error</b>	<b>2014 (restated)</b>
	\$	\$	\$
Revenue	3,441,298	(101,961)	3,339,337
Deferred Revenue	469,982	101,961	571,943
Retained Earnings	1,302,624	(101,961)	1,200,663

**(q) Comparative amounts**

When required by accounting standards, comparative figures have been adjusted to conform to changes in presentation for the current financial year.

	<b>2015</b>	<b>2014</b>
	\$	\$
<b>2. REVENUE</b>		
Accreditation fees	1,087,665	977,699
Membership dues	1,043,952	928,385
Professional education courses	292,758	218,929
Advertising income	47,625	30,851
Interest income	49,533	35,134
Insurance income	65,854	62,708
Conference income	-	692,174
Business Forum	80,547	-
NUCAP income	185,082	159,820
Sponsorship income	61,364	47,477
Project grants	-	62,743
Other income	117,958	123,417
	<u>3,032,338</u>	<u>3,339,337</u>

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

	<b>2015</b>	<b>2014</b>
	\$	\$
<b>3. ADMINISTRATION EXPENSES</b>		
Conference expenses	-	516,301
Business forum	72,508	-
Professional fees	198,244	193,281
Professional education expenses	32,465	50,234
Travel and accommodation	121,947	99,251
IT expenses	52,109	81,802
Rent	80,747	80,829
Advertising and promotion	106,138	94,756
Subscriptions	55,913	42,691
Venue hire	68,567	76,746
Presenter fee	40,715	39,952
Printing and postage	31,139	30,080
Membership packs	42,663	39,002
Equipment rental	17,682	8,408
Grants and awards	57,074	35,994
Other	177,190	151,642
	<u>1,155,101</u>	<u>1,540,969</u>
<b>4. NUCAP EXPENSES</b>		
Salary expense	99,176	115,574
Other expenses	91,557	120,365
	<u>190,733</u>	<u>235,939</u>
<b>5. CURRENT ASSETS - Cash</b>		
Cash at bank	1,959,218	1,769,369
Cash on hand	684	63
Lease deposit	19,250	-
	<u>1,973,461</u>	<u>1,769,432</u>

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**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

	<b>2015</b>	<b>2014</b>
	\$	\$
<b>6. CURRENT ASSETS – Trade and other receivables</b>		
Trade receivables	16,453	113,360
Prepayments	98,638	68,275
	115,091	181,635
	115,091	181,635
<b>7. CURRENT ASSETS – Inventories</b>		
Finished goods	8,550	4,190
	8,550	4,190
	8,550	4,190
<b>8. NON-CURRENT ASSETS - Plant and equipment</b>		
Office equipment – at cost	152,949	139,576
Accumulated depreciation	(112,081)	(98,706)
	40,868	40,870
IT System	132,397	132,397
Accumulated depreciation	(98,947)	(65,848)
	33,450	66,549
Total plant and equipment	74,318	107,419
<b>9. NON-CURRENT ASSETS – Intangible assets</b>		
Trademark	1,650	930
	1,650	930
<b>10. NON-CURRENT ASSETS – Trade and other receivables</b>		
Lease deposit	29,545	19,250
	29,545	19,250



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**NOTES TO THE FINANCIAL STATEMENTS**  
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		2015	2014
		\$	\$
<b>11.</b>	<b>CURRENT LIABILITIES – Trade and other payables</b>		
	Trade creditors	9,758	60,537
	ATO liabilities	80,530	67,555
	Accrued liabilities	183,893	71,382
	Other payables	192	5,408
		274,373	204,882
		274,373	204,882
<b>12.</b>	<b>CURRENT LIABILITIES - Provisions</b>		
	Provision for annual leave	96,585	82,973
		96,585	82,973
		96,585	82,973
<b>13.</b>	<b>CURRENT LIABILITIES – Deferred Revenue</b>		
	Membership, accreditation and other fees in advance	585,189	571,943
		585,189	571,943
		585,189	571,943
<b>14.</b>	<b>NON-CURRENT LIABILITIES - Provisions</b>		
	Provision for long service leave	49,848	22,395
		49,848	22,395
		49,848	22,395
<b>15.</b>	<b>RETAINED PROFITS</b>		
	Retained profits at the beginning of the financial year	1,200,663	1,064,597
	Net profit/(loss)	(4,043)	136,066
	Retained profits at the end of the financial year	1,196,620	1,200,663
		1,196,620	1,200,663
<b>16.</b>	<b>MEMBERS' GUARANTEE</b>		

The company is limited by guarantee. If the company is wound up, the Constitution states that each member is required to contribute a maximum of \$10 each towards meeting any outstanding obligations of the company. At 31 December 2015 the number of members was 6,807 (2014: 4,789).

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

	<b>2015</b>	<b>2014</b>
	<b>\$</b>	<b>\$</b>
<b>17. REMUNERATION OF AUDITORS</b>		
Amounts received, or due and receivable by the auditors of the company for auditing the accounts of the company	8,500	8,300
Other services	1,000	1,000
	9,500	9,300
<b>18. NOTES TO THE STATEMENT OF CASH FLOWS</b>		
(a) Reconciliation of profit/(loss) from ordinary activities after income tax to net cash inflow from operating activities		
Net profit/(loss)	(4,043)	136,066
Depreciation	46,474	49,812
Loss on disposal of property, plant and equipment	-	-
Change in operating assets and liabilities:		
(Increase)/decrease in trade debtors and other debtors	86,612	(10,273)
(Increase)/decrease in prepayments	(30,363)	60,720
(Increase)/decrease in inventory	(4,360)	1,746
Increase/(decrease) in trade creditors	69,491	2,546
Increase/(decrease) in revenue received in advance	13,246	10,974
Increase/(decrease) in other provisions	41,065	27,871
Net cash inflow from operating activities	218,122	279,462
(b) Reconciliation of cash		
Cash at bank and on hand	1,973,461	1,769,432
Cash per Statement of Cash Flows	1,973,461	1,769,432
<b>19. COMMITMENTS FOR EXPENDITURE</b>		
Commitments in relation to operating leases are payable as follows:		
Not later than 1 year	33,687	74,520
Later than 1 year but not later than 5 years	7,156	45,257
Later than 5 years	-	-
	40,843	119,777

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2015**

**20. COMPANY DETAILS**

The registered office of the company is:  
9 Hercules Street  
HAMILTON QLD 4007

The principal place of business is:  
9 Hercules Street  
HAMILTON QLD 4007

**21. CAPITAL MANAGEMENT**

Management control the capital of the entity to ensure that adequate cash flows are generated to fund its education programs and that returns from investments are maximised. Management ensures that the overall risk management strategy is in line with this objective.

The finance committee operates under policies approved by the board of directors. Risk management policies are approved and reviewed by the board on a regular basis. These include credit risk policies and future cash flow requirements. The entity's capital consists of financial liabilities, supported by financial assets.

Management effectively manage the entity's capital by assessing the entity's financial risks and responding to changes in these risks and in the market. There have been no changes to the strategy adopted by management to control the capital of the entity since prior year. The strategy of the entity is to ensure that sufficient cash is on hand to meet trade and sundry payables.



**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
**ABN: 14 053 849 460**

**DIRECTORS' DECLARATION**

The directors have determined that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies described in Note 1 to the financial statements.

The directors of the company declare that:

1. The financial statements and notes, as set out on pages 9 to 23, are in accordance with the *Corporations Act 2001* and:

- i. comply with the Australian Accounting Standards applicable to the company; and
- ii. give a true and fair view of the financial position of the company as at 31 December 2015 and of its performance for the year ended on that date in accordance with the accounting policies described in Note 1 of the financial statements.

2. In the directors' opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

Signed in accordance with a resolution of the Directors.



Director

Larina Tcherkezian

Brisbane, 30 March 2016

## INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED

### Report on the Financial Report

We have audited the accompanying financial report, being a special purpose financial report, of Exercise And Sports Science Australia Limited, which comprises the Statement of Financial Position as at 31 December 2015, the Statement of Profit or Loss and Other Comprehensive Income, Statement of Changes in Equity, and Statement of Cash Flows for the year then ended, notes comprising a summary of significant accounting policies and other explanatory information, and the director's declaration.

### *Directors' Responsibility for the Financial Report*

The directors of the company are responsible for the preparation of the financial report that gives a true and fair view and have determined that the basis of preparation described in Note 1 to the financial report is appropriate to meet the requirements of the *Corporations Act 2001* and is appropriate to meet the needs of the members. The directors' responsibility also includes such internal control as the directors determine is necessary to enable the preparation of a financial report that is free from material misstatement, whether due to fraud or error.

### *Auditor's Responsibility*

Our responsibility is to express an opinion on the financial report based on our audit. We have conducted our audit in accordance with Australian Auditing Standards. Those standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgement, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation of the financial report that gives a true and fair view in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the directors, as well as evaluating the overall presentation of the financial report.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

### *Independence*

In conducting our audit, we have complied with the independence requirements of the Corporations Act 2001.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF  
EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED  
(Continued)**

***Opinion***

In our opinion, the financial report of Exercise And Sports Science Australia Limited is in accordance with the *Corporations Act 2001*, including:

- (a) giving a true and fair view of the company's financial position as at 31 December 2015 and of its performance for the year ended on that date; and
- (b) complying with Australian Accounting Standards to the extent described in Note 1, and the Corporations Regulations 2001.

***Basis of Accounting***

Without modifying our opinion, we draw attention to Note 1 to the financial report, which describes the basis of accounting. The financial report has been prepared for the purpose of fulfilling the directors' financial reporting responsibilities under the *Corporations Act 2001*. As a result, the financial report may not be suitable for another purpose.

*PKF Hacketts*

**PKF HACKETTS AUDIT**

*C Bradley*

**Cameron Bradley  
Partner**

Brisbane, 30 March 2016



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