



# **Exercise & Sports Science Australia**

## **Annual Report 2012**

# OUR VISION

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



A young boy with short brown hair, wearing colorful patterned shorts, is running barefoot on a sandy beach towards the ocean. The waves are breaking on the shore, and the sky is clear and blue. The overall scene is bright and sunny, conveying a sense of joy and activity.

# OUR MISSION

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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# Governance

## National Board

Name	Position	Responsibility
Dr Chris Askew	President	Presidency
Professor Jeff Coombes	Past - President	Past - Presidency (Jan - April)
Dr Brendan Joss	Vice President	Human Resources
Mrs Edina Symonds	Treasurer	Finance (Jan-April)
Mr Jason Pilgrim	Treasurer	Finance (April - Dec)
Mr Sebastian Buccheri	Director	Exercise Physiology
Professor David Bishop	Director	Sports Science
Mr Chris Tzarimas	Director	Marketing
Dr Kade Davison	Director	Exercise Science
Ms Merendi Leverett	Director	Operations / Risk
Mr Nathan Reeves	Director	Continuing Education
Professor Steve Selig	Director	Curriculum
Associate Professor Leonie Otago	Director	Accreditation
Dr Andrew Williams	Director	Academia and Research

## State Chapters

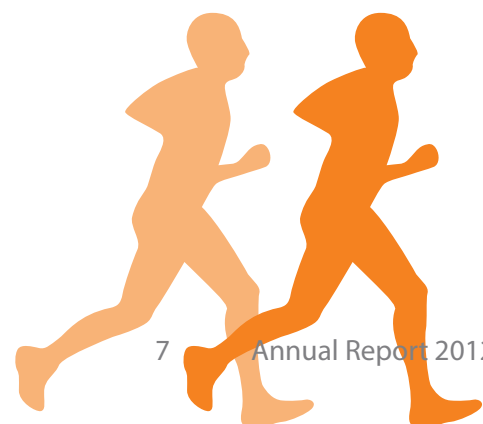
State	Presidency
Queensland	Dr Peter LeRossignol
New South Wales	Mr Jason Pilgrim (Jan-April) Mr Andrew Boyle (April-Dec)
Victoria	Dr Vanessa Rice & Mr Brett Gordon
Western Australia	Mr David Beard
South Australia	Dr David Bentley & Dr Nathan Harten
Australian Capital Territory	Miss Nataly McCann
Tasmania	Dr Cecilia Shing
Northern Territory	Mr Liam Johnson



## National Office

Name	Position	Period
Mrs Anita Hobson-Powell	Executive Officer	January - December
Mrs Lyndell Crawford-Round	Industry Development Officer (Maternity leave until June)	January - December
Mrs Belinda Burke	Office Manager (PT)	January - December
Mrs Narelle O'Loughlin	Membership Officer (PT)	January - December
Miss Kirstin Johnson	Membership Services Officer	January - December
Mrs Melanie Newton	Marketing & Communications Officer (PT)	January - December
Ms Homa Abbasi	Marketing & Communications Manager	March - December
Miss Sarah Hall	Professional Development Officer	January - December
Mrs Melanie Sharman	Industry Development Manager (PT)	January - December
Ms Kate McGregor	Receptionist	January - October
Mrs Renee Fitzgerald	Receptionist	October - December
Miss Jennifer Shaw	Exercise Is Medicine Project Officer	January - December
Ms Sharon Hetherington	Healthy Eating Activity & Lifestyle Project Officer	January - December
Ms Nardine Presland	Assessor (PT)	January - December
Miss Jodi Almond	Assessor (PT)	January - December
Mrs Melissa Newton	Assessor (PT) (Maternity leave from November)	January - December
Mrs Rachel Collins	PA to the Executive Officer (PT) (Maternity leave from December)	January - December
Miss Ashlee Cannon	PA to the Executive Officer (PT)	December
Ms Louise Czosnek	Industry Development Officer (PT)	January - December
Dr Ian Gillam	Industry Development Officer	January - December
Mrs Rachel Holmes	NUCAP Manager	January - December
Mrs Joanne Cavin	Administration Officer (PT)	January - December
Miss Kathryn O'Loughlin	Administration Officer (PT)	January - December

PT - Part-time



# Membership Statistics

<b>Membership Category</b>	<b>2012</b>	<b>2011</b>	<b>Movement in numbers</b>
Student	516	692	- 25.5%
Exercise Science (Full)	3092	2724	+13.5%
Associate	29	26	+11.54%
Accredited Exercise Physiologist (AEP)	2509	2016	+24.45%
Accredited Sports Scientist (ASp)	19	17	+11.07%
Academic	34	34	+ 0%



# 2012 Awards

Applied Sports Science Research Grant	Llion Roberts
Tom Penrose Research and Community Service Grant	Carolina Sandler
ESSA Medal	Belinda Parmenter
Exercise Physiology Practice of the Year	PACE Health Management Pty Ltd
Exercise Physiologist of the Year	Craig Cheetham
Exercise Physiology Graduate of the Year	Kate Bolam
Exercise Physiology Practicum Supervisor of the Year	Steve Bartlett

# President's Report



Associate Professor Chris Askew  
President

## *"Our volunteers are the heart of the association"*

As outlined in this annual report, the strong growth in our membership base continued in 2012, with a 10% increase in membership for the year. Throughout the year we consulted with members on changes to our membership structure concerning a clearer separation of our accreditation and membership services. An important aspect of this proposed change is that it provides the opportunity for open membership of ESSA to a broader range of professionals with basic training in exercise and sports science. This expansion ensures that the ESSA membership will continue to grow and to reflect the diversity of our professions across the health, sport, community, education and industrial sectors.

Members of the board and staff devoted considerable time during 2012 to the development and implementation of our new strategic plan for the 2013–15 period, which is available on the ESSA website. There is a renewed emphasis on professional standards within the strategic plan. ESSA will continue to foster evidence-based standards that are modern and relevant; standards that guide client care and service; and standards that underpin professional accreditation and professional development. These standards define our professions and set us apart from others. Other strategic priority areas include advocacy, education and professional networks.

A highlight of 2012 was the 5th ESSA Conference, which was held at the Gold Coast and attracted record attendance and participation by researchers, practitioners and exhibitors. The conference program achieved a balance between science and practice, which was a credit to Professor Frank Marino and the organising team. Planning for the 2014 conference in Adelaide is well underway under the joint leadership of professors Danny Green and Jeff Coombes. Danny and Jeff have brought together some of Australia's most esteemed exercise and sports scientists and practitioners to oversee the conference program. Their vision includes the establishment of new Young Investigator research awards to complement our practice and practitioner awards. I look forward to seeing as many of you as possible at the 6th ESSA Conference in Adelaide next year (10–12 April 2014).

Considerable effort has been devoted to improving our representation of and services for sports scientists. In 2012 the board approved the implementation of a Sports Science Advisory Group, which is led by Professor

David Bishop and includes representatives from various sectors of the sports science community. The group has been instrumental in the development of a National Sports Science Industry Audit, which will be carried out by an independent project group over the coming months. Recent controversy around the use of drugs and supplements in sport has demonstrated how vulnerable an entire profession can be when it is not supported by common standards for professional practice. ESSA has long been advocating for an accreditation system for sports scientists. While the current situation poses a threat to the reputation of all sports scientists, it has also provided an opportunity for ESSA to engage with government, with professional and national sporting organisations, and with other key stakeholders to reinforce the importance of sports science accreditation.

This year the board has also embarked on a series of governance changes that will lead to greater focus on strategic leadership and that will empower management and staff to take greater responsibility for core operational activities, including member and accreditation services. Subject to the approval of members, the board will include up to three appointed members with specific expertise in areas such as governance, strategic management and finance. As these changes come into effect, ESSA will continue to rely heavily on the advice and voluntary contributions of our members through committee work and other state-based activities such as the delivery of professional development events.

I would like to take this opportunity to thank our Executive Officer Anita Hobson-Powell and the staff of the National Office, who continue to work tirelessly to foster new opportunities and to deliver member services. Our volunteers are the heart of the association and much of what ESSA does could not be achieved without your contributions. To the members of the board and state chapter committees, the National University Course Accreditation Program (NUCAP) Committee, the Exercise Physiology, Sports Science and Exercise Science advisory groups, the Rural and Remote Committee and the various working parties, committees and interest groups, I thank you all for your commitment to ESSA.

Associate Professor Chris Askew  
President

# Vice President's Report

2012 was another great year in which to be involved with ESSA. Much of my year was spent in looking towards the future for ESSA, starting with the development of our next strategic plan for 2013–15. The exercise and sports science landscape has changed dramatically since our last strategic cycle, with 19% growth in membership and 48% growth in accredited exercise physiologists. The 2013–15 strategic plan has been developed to focus the association on meeting the new challenges and opportunities in the coming years, and to guide the management of the association and its staff in achieving the best possible outcome for the membership. Under the strategic plan, we have identified one clear goal: member excellence. We envision that, through the promotion of professional standards and the advancement of the exercise and sports science industry, ESSA will have a bright future.

As part of developing the new strategic plan, we took the opportunity to review our vision and mission statements. These statements provide focus for the association and also provide critical information to both the public and our key stakeholders. Our new vision and mission statements are included in the 2013–15 strategic plan and can be viewed on the ESSA website.

Several changes are underway to support our goals for the future. ESSA has embarked on work to review the membership structure to enable a wider membership base, and on implementing strong accreditation systems.

In addition, work has continued on the issue of GST. The process is proving long and difficult; however, we are fighting hard and are not ready to give up. More recently, with the support of several high-level stakeholders, our plight continues to gain traction. More ministers and their advisers are becoming aware of the unjust nature of GST on AEP services, and of the limitations this creates with regard to some members of the public accessing these services. The nature of politics over the past three years continues to throw up barriers. With elections called for 2013, let's hope things change for the better for ESSA in this regard.

More recently, with David Beard, the chair of the WA Chapter, I have been present at several local meetings concerning the issue of drugs in sport in order to promote the need for an accreditation system for sports scientists. We have received positive feedback from several sporting groups and organisations, and we will continue to ensure ESSA is represented at these WA meetings.

2013 is shaping up as another great year, and I look forward to working with the membership, the National Office, state chapters and fellow board members.

Dr Brendan Joss PhD ESSAM AEP  
Vice President

# Treasurer's Report

The year ending 31 December 2012 was a very successful financial year for our organisation. ESSA recorded an operational profit of \$125,861, which is significantly higher than the budgeted operational loss recorded in 2011.

The total revenue received in 2012 was \$2,361,660, which is almost \$600,000 greater than that in 2011. A large portion of this additional revenue resulted from the completion of our conference in 2012.

The main revenue streams for our organisation were membership (\$662,468), accreditation fees (\$650,343) and professional education courses (\$97,350). There was a significant decrease in professional education monies taken in 2012, but this may be attributed to the large attendance at the 2012 conference and the financial income generated from that event.

Strong membership growth continued in 2012, with a 17% increase in revenue, whilst revenue from accreditation fees increased by 23%. These figures strongly support the assertion that ESSA membership and accreditation are highly valued and are viewed as necessities within the industry.

The 2012 expenditure amounted to \$2,235,799 and was primarily comprised of employee costs (\$1,084,233) and administrative expenses (\$995,592). This is much larger than 2011 expenditure due to the increase in staff numbers and the operational costs of our rapidly growing organisation. The relocation of head office to a larger premises also contributed significantly to the increased expenditure.

For 2012, ESSA aimed to provide the NUCAP on a cost-neutral basis. In actuality, the program recorded a very small loss of \$4,858. ESSA received fees of \$127,282 and expended \$132,140.

Importantly, ESSA's cash flow has remained positive, with the net increase in cash from operating activities being \$99,929. The net cash held by ESSA is \$1,037,628, almost identical to the 2011 figure.

The ESSA balance sheet also shows a significant increase of \$40,271 in current assets, giving total current assets of \$1,221,258. In addition, total liabilities for the organisation increased by \$47,078 to a total of \$652,508. Despite the decision to reinvest back into the profession and our members, as well as the large increase in staffing and administrative costs, ESSA maintains an exceptionally strong working capital (total equity) of \$764,264.

ESSA remains committed to the reinvestment of member funds into developing our industry and improving our members' opportunities. A strong budget and dedicated team will provide a fantastic opportunity for ESSA to continue the successful financial trends in 2013 to the benefit of all our members.

Mr Jason Pilgrim  
Treasurer

# Membership/ Exercise Science

*Significant work has been performed on the restructuring of the membership and accreditation operations of ESSA. These changes address some long-standing criticisms from associated industry bodies.*

During 2012, ESSA continued work on revising the standards that define the minimum educational requirements for recognition as an exercise scientist in Australia. We again thank those who have assisted in driving this process through the Exercise Science Advisory Group and the individual study area expert panels, and also all of the members and academics who provided feedback on this work. In 2013, this work will progress into the redevelopment of university course accreditation and individual application documentation, with a projected implementation in early 2015.

A key aim of the revised criteria for exercise science accreditation is to allow universities greater flexibility in designing exercise science programs that align with areas of specialisation, or that meet specific local needs. We are confident that this review will support ESSA, universities and members in better articulating the foundational competencies required for the ESSA Exercise Science qualification with those required for specialisations such as Accredited Exercise Physiologist and Accredited Sports Scientist. Simultaneously, the review should strengthen exercise science as a broad-based, standalone qualification.

This year significant work has also been performed on the restructuring of the membership and accreditation operations of ESSA, culminating in a new model to be voted on as part of broad constitutional changes at this year's Annual General Meeting. This new model proposes that the base requirement for membership of ESSA be dissociated from the specifics of the exercise science qualification. As such, (a) individuals who have undergraduate or postgraduate qualifications in exercise and/or sports science, but who do not meet the strict curricular requirements of the ESSA Exercise Science qualification, would become voting members of ESSA, and (b) members with an exercise science qualification would be required to undertake professional development. These changes address some long-standing criticisms from

associated industry bodies. They also mean that, for those exercise and sports science professionals working in a nonclinical, non-elite domain, ESSA will soon be providing more accredited professional development opportunities to meet your needs.

Thanks again to all the dedicated staff and volunteers who have contributed to the progression of this important work.

Dr Kade Davison  
Director, Exercise Science

# Exercise Physiology

*We have come a long way in a short time and continue to make inroads into areas that, five years ago, were foreign ground.*

The past year has been perhaps the busiest within the exercise physiology portfolio since the introduction of Medicare rebates in 2006. This is testament to the ongoing excellent work of the Industry Development team led by Melanie Sharman and comprising Louise Czosnek, Lyndell Crawford-Round and Ian Gillam.

Below are some of the key areas of work undertaken over the past 12 months.

## Private Health Insurance

There will always be a need to lobby the private health insurance bodies due to the changing face of health care in Australia. 2012 was ESSA's breakthrough year. Submission letters were sent to all the major health funds, and as a result 30 insurance companies now provide rebates for exercise physiology services. In a move to better understand the workings of health funds, a health fund consultant was engaged, with the specific purpose of better educating ESSA on the factors that guide the funds in their decision-making process. This initiative has helped immensely and work is underway with other health funds and program providers, which may result in further employment opportunities for AEPs and ESs.

## Electronic Claiming

In 2012, AEPs were finally able to access electronic claiming for services, bringing the profession into line with other allied health providers and, more importantly, making it easier for our clients to access our services.

## Exercise Physiology Advisory Group

An Exercise Physiology Advisory Group (EPAG) was also formed in 2012. This group comprises practitioners with particular interests in ESSA's identified key focus groups: mental health; aged care; workers compensation; disability services; and musculoskeletal health.

EPAG's main focus has been on creating industry links and helping to set the agenda for political lobbying in the lead-up to the federal election.

## National Aged Care Alliance

One of the direct benefits since the setting up of EPAG has been the acceptance of ESSA as an associate member of the National Aged Care Alliance (NACA).

NACA is a representative body of peak national organisations in aged care—including consumer groups, providers, unions and health professionals—who work together to determine a positive future for aged care in Australia. Membership of this alliance is required to increase ESSA's exposure within the aged care sector. Membership has also paved the way for submission of a more concise Aged Care Funding Instrument (ACFI) and ESSA's involvement in many other areas within this important and growing sector in Australia.

## Outcomes Measures project

A working party consisting of Victorian AEPs has been developing an outcome measures booklet. This booklet will contain about a hundred frequently used assessment measures and questionnaires. At the time this report was finalised, the booklet was in the final stages of editing, with a planned release in June 2013. This booklet will become an invaluable resource for all AEPs.

## Submissions

Apart from the private health insurance work, submissions were also made to the following organisations:

- Aged Care Funding Instrument (ACFI) for the recognition of AEPs within the aged care setting.
- Tasmanian hospitals for the recognition of AEPs within the hospital setting.
- South Australian WorkCover Authority for the recognition of AEPs as an allied health provider within the workers compensation system.

The profession and the organisation are working hard at fostering greater awareness of AEPs and ESs. We have come a long way in a short time and continue to make inroads into areas that, five years ago, were foreign ground. Thanks to all the members for their continued hard work and dedication. It is through this hard work that ESSA is where it is today.

Yours in good health.

Sebastian Buccheri  
Director, Exercise Physiology



# Sports Science

Since its establishment, ESSA has been committed to establishing, promoting and representing the career paths of tertiary-trained sports science practitioners. The recent drugs in sport 'crisis' and associated misrepresentation of various individuals as sports scientists has further emphasised the need for strong representation of sports scientists by ESSA. In addition, many other sports science initiatives have made this year the busiest and most productive for ESSA and sports science that I have witnessed.

## Formation of a Sports Science Advisory Group

In April 2012, ESSA formed the Sports Science Advisory Group (SSAG), comprised of high-profile sports scientists from all sectors of the sports science industry, including sports institutes, professional sporting bodies, university research and private sports consultancies. Over the past year, SSAG has been seeking feedback on the criteria for and structure and benefits of sports science accreditation across the sports industry sector. The Group also sought feedback on the university education and training of sports scientists.

Prof. Bishop also made a presentation to the SIS/SAS Sports Physiology group in November 2012 in Melbourne, to outline the initiatives that SSAG are developing to support sports scientists.

## High-performance and sports science workforce survey

A major initiative of SSAG has been to conduct a survey of the 'high-performance and sports science workforce' to identify the size, profile and capacity of the workforce, and the employment conditions across the high-performance and sports science industry. The survey, to be funded by ESSA, has since been submitted to tender (in February 2013), with the successful tender from an experienced research group within the School of Exercise and Nutrition Sciences at Deakin University. It is expected the survey will be extremely valuable in identifying the current and future career prospects for sports scientists in the industry; the need for postgraduate and professional development courses; sports science accreditation and professional industry support. The project will begin in May 2013, with the final report due for submission in October 2013.

## A key focus for 2013 - ESSA's response to the Australian Crime Commission inquiry on drugs in sport, and the need for uniform regulation of the sports science industry

In the wake of the allegations of systematic 'doping' programs at a number of Australian sporting clubs and the release of the report of the Australian Crime Commission (ACC) on Organised Crime and Drugs in Sport, ESSA responded immediately by calling for greater regulation of the sports science industry in Australia. To date, ESSA has released four media statements, and I subsequently conducted more than 70 television, radio and press interviews promoting the work of sports scientists and calling for national accreditation of sports scientists. Thanks must go also to Dr Ian Gillam and many other ESSA members, who took time to speak with the media on this issue. In general, the media were surprised (shocked?) that sports scientists are the only members of the high-performance team that do not require accreditation.

A key message within ESSA's media work has been our desire to work with sporting organisations and codes to implement a consistent, independent, national accreditation process for sports scientists. Subsequently, ESSA has been requesting meetings with national and state ministers of sport, the CEOs of national sports organisations, the Australian Athletes Alliance, the Australian Institute of Sport, the Australian Academy of Sport, peak sports medicine associations and other key

stakeholders in the sports industry, to discuss how ESSA can assist them in ensuring better regulatory control of sports scientists.

ESSA has highlighted through the media the need for greater regulation of the sports science industry by calling for the appointment of only **ESSA-accredited sports scientists** across all sporting codes. As ESSA members, accredited sports scientists must work within the ESSA Code of professional conduct and ethical practice and, as such, are subject to ESSA disciplinary procedures.

A key outcome of this work is the establishment of a 'high-performance sport collaborative project' between ESSA and Sports Medicine Australia, Sports Dietitians Australia, Australian Strength and Conditioning Associations, Sports Doctors Australia, Australian College of Sports Physicians and the Australian Physiotherapy Association. Key goals of this group are to develop (a) a factsheet on recommended employment criteria for sports science and professional staff, and their qualifications/accreditation, (b) a flowchart on who should be responsible for the development, administration and signoff for athlete supplementation programs, and (c) a position paper on 'Nutritional supplements and sports performance'.

ESSA will also be reviewing the ESSA Code of professional conduct and ethical practice, and its scope of practice, to ensure that the work of sports scientists is covered under the code.

## Increased focus on sports science in Activate

Over the past year, ESSA has increased its focus on Activate articles related to sports science and has ensured that members are informed of the work being undertaken by SSAG. Articles on sports science have included:

- Sports science support for our athletes for the 2012 London Olympics (June 2012)
- The launch of SSAG at the 2012 ESSA Conference (April 2012)
- An interview with London paralympian Damien Bowen (December 2012)
- Does hypoxic and thermal stress enhance the training response of athletes and AFL footballers? (March 2013)
- A summary of ESSA's calls for regulation of the sports science industry (March 2013)

## Conference 2014 and professional development courses in sports science

The 2014 ESSA Conference committee will again place a strong focus on applied sports science research, with Professor Chris Gore from the AIS invited to be a member of the conference organising committee. ESSA is also considering how ongoing professional development opportunities for sports scientists can be further developed through liaison with other sports medicine and sports science organisations.

In summary, it has been a busy but very positive year for the sports science component of ESSA, and I look forward to further gains and initiatives in the coming 12 months. Before closing, I must acknowledge the tremendous support that I have received from Associate Professor Chris Askew and the rest of the ESSA National Board, our EO Anita Hobson-Powell, SSAG members and ESSA's Industry Development Officer, Dr Ian Gillam.

Professor David Bishop  
Director, Sports Science

# Marketing

2012 marked ESSA's best overall performance in its marketing and communications activities. The promotion of the 5th ESSA Research to Practice Conference attracted over 850 delegates and 31 exhibitors. ESSA also embraced a more cohesive social media—digital marketing strategy, which was implemented across different platforms. This combination enabled us to engage and communicate in real time, and with greater impact.

ESSA undertook numerous media activities throughout 2012 in television, print and radio. In our best performance yet, the association distributed 26 media releases, which generated over 170 media mentions and reached a circulation of approximately 4.2 million. With continued media exposure, the term 'exercise physiologist' is gradually entering the language of mainstream media and, moreover, the Australian vocabulary.

As a national health initiative, Exercise Is Medicine Australia (EIM Australia) continues to gain momentum, with a number of launches in 2012. The success of the '31 Patients in 31 Days' activity in January promoted the EIM message to over 9,000 Australians in just one month. Feedback from participating GPs led to the development of an exercise prescription pad and other resources, which will be piloted in the '31 Patients in 31 Days' 2013 event. The launch of the Exercise is Medicine physical activity in the workplace: A guide and its associated resources in Canberra in October heralded EIM's entrance into workplace health. In our quest to make the EIM website the 'go-to' site for information and resources related to physical activity and exercise, 11 new factsheets and a host of other resources have been developed and uploaded. ESSA is currently acquiring new partners to provide more tools, resources and benefits to our members and to increase the value of membership.

The challenges of the marketing portfolio are reflected in the diversity of ESSA's stakeholders: the health and medical sector, government agencies,

academia, private industry, the general public, university students and, of course, you—our members. In this respect, the ESSA staff and board members are engaging in marketing activities whenever communicating with any of its stakeholders.

Special mention must go to those behind the scenes at ESSA, including our Marketing and Communications Manager, Homa Abbasi, our Marketing and Communications Officer, Melanie Newton, and our Exercise Is Medicine Australia Project Officer, Jennifer Shaw, for their support and contribution to the achievements in 2012. I would also like to acknowledge the efforts of our Industry Development officers (Louise Czosnek, Lyndell Crawford-Round and Ian Gillam), all of whom have played an integral role in promoting the organisation and the industry it represents.

Chris Tzar  
Director, Marketing

# Research and Academia

The Research and Academia Portfolio exists to provide representation for academic and research-active members, and to provide support for the development of position statements and tools that will guide and support members in their practice. In 2012 a number of ongoing initiatives were progressed. The key outcomes for 2012 are outlined below.

## Special interest groups

Special interest groups are one of ESSA's recent initiatives. The groups aim to (a) assist members interested and working in specific areas to develop networks, and (b) provide a forum for questions and answers on their areas of interest. In the future these interest groups may also act as sources of professional development opportunities. Both the Cardiovascular Special Interest Group and the Mental Health Special Interest Group were launched by ESSA in 2012; further groups will be developed and launched as needed. Membership of special interest groups is open to all ESSA members.

## ESSA Position Statements

ESSA is continuing to commission leading Australian researchers to write position statements that provide guidelines on exercise assessment and prescription for a range of conditions. The purpose of each statement is to provide practitioner members with a brief overview of the evidence for the benefits of exercise in particular conditions, as well as concise, up-to-date recommendations for the assessment of clients with these conditions with regard to exercise prescription.

A position statement on 'Exercise for type II diabetes mellitus' was published in the *Journal of Science and Medicine in Sport*. Another position statement on 'Exercise in chronic kidney disease' has recently been accepted for publication. Further position statements that have been

commissioned and which will become available over the next 12–18 months include 'Exercise for peripheral arterial disease' and 'Exercise for mental health'. All position statements are freely available to members on the ESSA website after publication.

Development of additional tools and policies to serve members are ongoing. ESSA is currently working with a group of senior exercise physiologists and researchers in cardiovascular risk to develop recommendations for the treatment and referral of patients identified as 'high risk' through the use of the new Australian Pre-exercise Screening System (APSS). Representatives from the Australian College of General Practitioners, Sports Medicine Australia, the Cardiac Society of Australia and New Zealand, and the various sports physicians bodies are being approached to provide input into this process with the aim of providing clear referral pathways and dealing with the current issues around high-risk clients being directed to medical practitioners for 'clearance to exercise'.

## Representing ESSA on a review of the Lungs in Action program of the Australian Lung Foundation

This was another important representation by the portfolio group.

A focus for 2013 is continuing to oversee the writing of new position statements. We will also continue to develop tools to both assist members in evaluating the effectiveness of the services they provide and to gather information on industry-wide outcomes for use in future submissions to government.

Dr Andrew Williams  
Director, Research and Academia

# Operations and Risk

The ever-increasing recognition of the role of AEPs in health care has continued to drive increases in ESSA membership. As in any organisation, rapid growth is not without its challenges, and the committed staff, members of state and national boards, and other volunteers within ESSA continue to work hard to capitalise on this growth for the benefit all members.

There has been a continued focus this year on strategic increases in the association's capacity to service members, both administratively and through marketing, lobbying, and general promotion of the skills and capabilities of exercise and sports science professionals.

Specific achievements this year:

- Further streamlining of the reaccreditation process has been ongoing, with new changes to professional development requirements to better align with other allied health professional bodies.
- Introduction of policies for ongoing review and improvement of ESSA subcommittees.
- The Ethics Committee has been working hard to support members and to deal with ethical issues related to our profession.
- Work with government bodies to educate practitioners about government requirements and to ensure compliance.
- As in the previous year, there was a significant focus on how ESSA can best service its exercise science and sports science members; further work in this area will continue throughout 2013–14.
- ESSA will also continue to monitor how changes to health funding and Health Workforce Australia will interact with existing and potential new services offered by members.

Ms Merendi Leverett  
Director - Operations and Risk

# Accreditation & Curriculum

*The ESSA Accreditation and Curriculum Committee (EACC) provides advice on curriculum and accreditation matters to the National Board of ESSA.*

During 2012, the ESSA Accreditation and Curriculum Executive (EAC) received regular reports from its advisory groups, the Exercise Science, Exercise Physiology and Special Applications advisory groups, with anticipated future expansion to include a Sports Science Advisory Group. The charter of EAC is to make recommendations to the National Board on all matters pertaining to knowledge, competencies, scope of practice and accreditation for ESSA's exercise professions.

The EAC Executive is currently composed of the National President, the Past President, the national directors of Exercise Science and Curriculum, and the Chair of the NUCAP Executive; ex-officio members include the NUCAP Manager and the Executive Officer. In 2012, EAC received excellent administrative support from Rachel Collins and, more recently, from Ashlee Cannon in the ESSA office.

It is pleasing that the work of EAC and ESSA was conducted in a spirit of cooperation and inclusiveness with universities. This was achieved through university liaison officers, heads of schools and programs, and many consultative forums. ESSA acknowledges and appreciates the work and commitment of the universities that are responsible for delivering most of the educational programs producing high-quality practitioners of exercise and sports science in Australia.

Highlights of the work of EAC and its advisory groups over the past 12 months include:

## Exercise science

A new set of core learning elements for exercise science courses have been finalised but not yet implemented. There are 14 study areas corresponding to approximately 60%, or less than 2 years, of a typical three-year undergraduate degree in exercise science. ESSA has appointed an implementation group and is consulting with universities and other stakeholders to develop an implementation plan for the new system.

## Clinical exercise

- EAC continued to plan for the transition from individual AEP applications to the universal, course-based accreditation system (NUCAP) that will commence on 1 January 2014, at which time individual applications will cease.
- From 2014, ESSA proposes to implement a new system of AEP accreditation for international applicants who have suitable qualifications and practice in clinical exercise science gained

overseas, and who seek to practise in Australia. ESSA will administer a centralised examination comprising both theoretical and practical components, which will be prepared by an Australian university (using an open tender system to appoint the university); it is anticipated that the exam will be ready in late 2013 for 2014 implementation.

- EAC also recommended pathways to AEP reaccreditation for previously accredited AEPs who are seeking to re-enter the workforce after career interruptions. Guidelines around the length of absence and the associated form of professional development or retraining required were developed and communicated to the broader membership. In the case of absences from practice exceeding 5 years, EAC recommended that Australian applicants undergo the ESSA centralised examination for international applicants as described above.
- ESSA was pleased to offer a second round of 'amnesty applications' for highly experienced and competent practitioners of clinical exercise to achieve AEP accreditation. This abbreviated form of accreditation requires applicants to provide evidence of knowledge and competencies in some, not all, areas of AEP accreditation. The amnesty application scheme recognises that experienced and competent practitioners usually specialise in niche areas of practice. The scheme attracted a large number of applicants, many of whom were successful in late 2012; ESSA welcomes these practitioners into the association.
- New recognition of AEPs occurred in 2012, most notably through a large expansion of roles for AEPs within WorkCover NSW. This will require some up-skilling for existing AEPs, and some changes to course accreditation for existing NUCAP-accredited EP courses over the next 24 months. In the meantime, Southern Cross University was charged with developing a series of learning modules that satisfy the criteria set down by WorkCover NSW. EAC recommended to the National Board that the next reviews of the AEP accreditation criteria and the scope of practice of AEPs address these new opportunities.
- Other matters in clinical exercise considered by EAC during 2012 included the issues of simulated learning and minimum standards for English literacy, as well as issues concerning ethical and professional conduct.

Professor Steve Selig  
Chair, EAC and Director - Curriculum

# Exercise is Medicine

*Expansion of our stake in workplace health and lobbying for inclusion of physical activity as a vital sign in medical software continue to be high priorities.*

2012 saw Exercise is Medicine Australia (EIM Australia) move from strength to strength. Guided by the National Taskforce and Executive Council, EIM Australia launched a number of successful initiatives that contribute to our key goal: improving the health of all Australians by making physical activity and exercise a standard part of disease prevention and treatment in the health care system. The upgrade of the website ([www.exerciseismedicine.org.au](http://www.exerciseismedicine.org.au)) and the continued development of evidence-based online resources for both health care providers and the general public have provided ongoing opportunities to create broad awareness of the benefits of exercise for improving health outcomes.

Our most significant achievements for 2012 are outlined below.

## Expansion into workplace health

EIM Australia, in partnership with the Healthier Australia Commitment, launched the *Exercise is Medicine physical activity in the workplace: A guide* and the Be Active at Work Survey in Canberra on 10 October 2012.

The *Guide* is a collation of current evidence and best practice, including a toolkit of resources and audit tools. The innovative EIM® Be Active at Work online survey accompanies the *Guide*. The survey not only provides instant, personalised feedback to participants but also acts as a valuable tool for needs analysis for a whole organisation by providing de-identified data to design interventions and then measure the effectiveness of the programs.

The *Guide* is now available for free download from the EIM website ([www.exerciseismedicine.org.au](http://www.exerciseismedicine.org.au)) and hard copies can be ordered from the ESSA Shop ([www.essa.org.au](http://www.essa.org.au)).

## GP engagement

The success of the '31 Days, 31 Patients' activity in January 2012 saw the 'exercise is medicine' message promoted to over 9,000 Australians in just one month. Feedback from participating GPs led to the development of an exercise prescription pad which will be piloted in a 2013 repeat of the activity.

## Media

In 2012, EIM Australia received significant and growing media interest, including multiple features in Choice magazine, The Australian, the Sydney Morning Herald, and the Herald Sun, as well as featuring on the ABC news. EIM Australia also featured as the lead segment on the ABC television show Catalyst in May 2012. This was an excellent promotion for EIM, and highlighted the benefits of doctors' embracing exercise as medicine. Google analytics tell us these articles are driving an increasing Australian audience directly to our website.

## New Factsheets

We now boast 23 Factsheets on the EIM website, with 11 additions in 2012: *Acquired brain injury; Alzheimer's disease; Chronic heart failure and exercise; Chronic pain; Dyslipidaemia; Falls in older people; Hypertension; Kidney disease; Lower back pain; Metabolic syndrome; and Parkinson's disease.*

Future planning includes a greater focus on primary care engagement, with the launch of professional development for GPs and practice nurses, and a repeat of '31 Days, 31 Patients'. Expansion of our stake in workplace health and lobbying for inclusion of physical activity as a vital sign in medical software continue to be high priorities.

Miss Jennifer Shaw  
EIM Project Officer



# HEAL™ National Program

The past year has been another busy one for the HEAL™ project team. HEAL™ has continued to expand rapidly across Australia, with associated growth in the program's profile, awareness and goodwill. Forty-three HEAL™ facilitator training courses were held in the year ending December 2012, with a total of 197 facilitators being trained across 57 Healthy Communities Initiative (HCI) local government areas. Two rounds of government reporting were completed for the 6 months to June 2012 and December 2012: HEAL™ continues to surpass all cumulative targets set during its implementation.

Key Performance Indicator	Dec 2012 KPI	Dec 2012 Reported
T1 facilitators trained	50	<b>83</b>
T2 facilitators trained	100	<b>188</b>
LGA capacity (facilitators trained in LGA)	54	<b>65</b>
HEAL™ cycles commenced	195	<b>198</b>
Number of participants in programs	1560	<b>1989</b>

T1 = 1 Jan–30 June 2012; T2 = 1 July–31 Dec 2012; LGA = local government area

## Resource development

Demand for the alternative versions of the HEAL™ participant manuals (CALD/Low Literacy and Aboriginal) remains high. In response to facilitator feedback, a new presentation of HEAL™ content was developed, which condenses key educational messages onto A3 laminated hard copy pages for use in Aboriginal yarning sessions and during cook-up demonstrations. Another Aboriginal version of the HEAL™ manual that incorporates the HEAL™ flip chart summary slides was also created. In August there was a new print run of the standard version of the manual after an extensive review of the content for currency and specificity.

The HEAL™ modules for facilitator training workshops continue to be updated in response to participant feedback. The Principles of Behaviour Change module was also updated after Sharon Hetherington's November attendance at William Miller's workshop on motivational interviewing, which presented key updates on the theory and practice of behavioural change.

A 'Scope of practice statement for health professionals delivering HEAL™' was developed and incorporated into the HEAL™ facilitator

manual and placed on the HEAL™ page of the ESSA website.

## Conference exposure

The project team presented a poster at the ESSA Conference that detailed the various delivery and funding approaches being taken by HEAL™ facilitators across Australia. They also presented in a table-top format at the National Primary Health Care (Australian Medicare Local Alliance) Conference in November. As a result the team was successful in establishing contact with several Medicare local alliances interested in delivering HEAL™.

## National HEAL™ marketing

The HEAL™ monthly e-newsletter continues to be circulated nationally to an audience in excess of 800, including councils, Medicare local alliances, facilitators, government representatives and community health services. Articles continue to be published in the quarterly magazine of South Western Sydney Medicare Local Alliance and in ESSA's Activate magazine.

HEAL™ articles were also published in the Sydney and Brisbane Doctor magazines and HEAL™ was again asked by Executive Media to submit an article for publication in the Australian Local Government Association Yearbook for 2013.

## Upcoming activities

As one of the high-performing National Program Grant recipients under the Healthy Communities Initiative, the HEAL™ project team has been asked to participate in evaluation interviews with KPMG to explore the factors that led to this success. Final HCI reporting is due in June 2013 and, with the end of the HCI funding approaching, HEAL™ will be moving to a licence-based model to ensure future sustainability of the program.

Sharon Hetherington  
HEAL™ Project Officer

Jerrad Borodzicz  
HEAL™ National Coordinator  
South Western Sydney Medicare Local Ltd

# Continuing Education

Professional development for our members remains one of the key underpinnings of the association. Over this reporting period the Continuing Education Portfolio has focused on increasing the diversity and improving the quality of educational offerings to our members. Additionally, in the past 12 months increased focus has been placed on the use of contemporary modalities for education delivery.

The 2012 National Conference was wrapped up and all records were broken! More than 850 delegates and over 30 trade exhibitors attended, with more than \$100,000 in sponsorship received and in excess of \$57,000 profit generated. Thank you to all in the organising committee and the National Office for their contributions to making the conference a resounding success. Work is already underway for the 2014 National Conference. Adelaide here we come!

The portfolio continues to benefit from the valuable contributions that the state and territory chapters make. The chapter-run professional development has provided members with regionally specific education topics, complemented by the national 'road shows'. Quarterly teleconferences for national and state continuing education representatives have helped to promote efficiencies and professionalism in the portfolio. The educational needs of our rural and remote members have been well represented at these meetings through attendance by a member from the Rural and Remote Committee.

In the past year our members have had professional development opportunities delivered in webinar and online formats for the first time. Our constituents have embraced the new-look formats, which confirms that these delivery forums complement the existing seminar, workshop and DVD formats already on offer to ESSA members.

As the Continuing Education Portfolio looks forward to and plans for the 2013–14 professional development offerings, we remain centred on the survey feedback that you, the members, send us.

Nathan Reeves  
Director, Continuing Education

# Financial Report

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

**Special Purpose Financial Report  
for the year ended 31 December  
2012**

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

**FINANCIAL REPORT**  
**FOR THE YEAR ENDED 31 DECEMBER 2012**

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## **DIRECTORS' REPORT**

Your Directors present their report on the company for the year ended 31 December 2012.

### ***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:

Dr Chris Askew  
Professor Steve Selig  
Dr Andrew Williams  
Mr Chris Tzarimas  
Dr Brendan Joss  
Dr Kade Davison  
Mr Nathan Reeves  
Mr Sebastian Buccheri  
Professor David Bishop  
Ms Merendi Leverett  
Mr Jason Pilgrim (appointed 19/4/12)  
Professor Jeff Coombes (resigned 19/4/2012)  
Ms Edina Symonds (resigned 19/4/12)  
Associate Professor Leonie Otago (resigned 31/12/12)

### ***Principal Activities***

The company's principal activity during the financial year consisted primarily of promotion, continuing professional development and industry developments in the areas of exercise and sports science and related fields and the setting of standards in the community of best practice in those areas. There were no significant changes in the nature of the activities of the company during the year, and this now concludes the end of this strategic cycle.

The company's short and long term objectives are:

- To grow the association
- To provide leadership in exercise and sports science
- To promote excellence in exercise and sports science by supporting research and practice
- To promote members and the association
- Working with members and aligned associations to improve the health of Australians
- To provide a quality assurance framework for accreditation of individuals and academic units
- To work efficiently in a unified association



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

**DIRECTORS' REPORT (continued)**

To achieve these objectives, ESSA has prepared a strategic plan for 2010 – 2012, 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.

The 2010-2012 ESSA strategic plan is designed to:

- Provide guidance and direction to the national board and state chapters so that they can plan and arrange their work to contribute to the achievement of our 7 strategic goals.
- Inform the process of developing annual budgets and allocating resources to strategic programs and projects.
- Provide a framework to measure the success in delivering the objectives of the strategic plan by reporting on key performance outcomes, and communicating to our members, allied health & medical professions and government what we plan to achieve over the coming years.

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

***Information on Directors***

<b>Director</b>	<b>Qualifications</b>	<b>Experience</b>	<b>Special Responsibilities</b>
Dr Chris Askew	BAppSci (HMS), BAppSci (Hons), PhD, AEP	Senior Lecturer (Clinical Exercise Physiology), Queensland University of Technology	President
Dr Brendan Joss	B.Sc (Hons), PhD AEP	Clinical Director Hollywood Function Rehabilitation Clinic	Vice President
Professor Steve Selig	BSc (Hons), DIP (PE), PhD, AEP	Professor, Clinical Exercise Science, Deakin University	Director – Curriculum
Dr Andrew Williams	BAppSc (Hons), BSc (Hons), AEP, PhD	Senior Lecture at University of Tasmania	Director - Research and Academia
Mr Chris Tzarimas	BSc(ExSc), MSc(Ex.Rehab.) AEP	Clinical Director – Lifestyle Clinic, UNSW	Director – Marketing
Mr Nathan Reeves	B Sc (Phys) M Ex Rehab, AEP	Consultant – CRS Australia Director – Reeves Consulting	Director – Continuing Education

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

**DIRECTORS' REPORT (continued)**

<b>Director</b>	<b>Qualifications</b>	<b>Experience</b>	<b>Special Responsibilities</b>
Dr Kade Davison	Dip. Bldg Tech (Contract Admin/Quant Survey), B AppSci (HMS), B Hlth Sci (Hons) PhD	Lecturer – South Cross University	Director – Exercise Science
Mr Sebastian Buccheri	BAppSc HMS Grad Dip (Ex Rehab) AEP	Accredited Exercise Physiologist Chief of Exercise Physiology Victorian Rehabilitation Centre	Director – Exercise Physiology
Professor David Bishop	BHMS(Ed)(Hons), PhD	Research Leader (Sport) Institute of Sport, Exercise & Active Living (ISEAL) Victoria University	Director – Sports Science
Ms Merendi Leverett	GradDipHSc (ExRehab), BHMSc	Owner/Director Merendi Health & Wellness	Director – Operations and Risk
Mr Jason Pilgrim (appointed 19/4/12)	B App Sci (Spt & Ex Sci) AEP	Owner / Managing Director - In2 Motion Owner / Managing Director - In2 Motion Central Coast Owner / Managing Director - IRS Australia Owner / Director - Global Kaizen Group	Treasurer
Professor Jeff Coombes (resigned 19/4/12)	B.Ed (Hons) BAppSc, MEd, PhD, AEP	Prof of Exercise Physiology at University of Queensland	President
Ms Edina Symonds (resigned 19/4/12)	B.Com. CA.	Senior Accountant, Vincents Chartered Accounts	Treasurer
Associate Professor Leonie Otago (resigned 31/12/12)	AssDipDiagRad QldIT, BHMS(Hons), PhD Qld, FASMF	Associate Professor Australian Catholic University, Brisbane campus	Director – Accreditation

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**

**ABN: 14 053 849 460**

**DIRECTORS' REPORT (continued)**

*Meetings of Directors*

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

	<b>Directors' Meetings</b>	
	<b>Number eligible to attend</b>	<b>Number attended</b>
Dr Brendan Joss	11	9
Professor Steve Selig	11	8
Dr Andrew Williams	11	11
Mr Chris Tzarimas	11	7
Dr Chris Askew	11	8
Mr Nathan Reeves	11	9
Dr Kade Davison	11	10
Mr Sebastian Buccheri	11	8
Professor David Bishop	11	7
Ms Merendi Leverett	11	9
Mr Jason Pilgrim	9	7
Professor Jeff Coombes	3	3
Ms Edina Symonds	3	-
Associate Professor Leonie Otago	11	9

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 \$1 each towards meeting any outstanding obligations of the entity. At 31 December 2012, the total amount that members of the company are liable to contribute if the company is wound up is \$3,705 (2011: \$3,430).

*Auditor's Independence Declaration*

Section 307C of the Corporations Act 2001 requires the Company's Auditors, Lawler 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 2012. 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

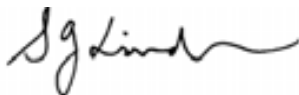
Brisbane, 2 May 2013

**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 2012, 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.

**LAWLER HACKETTS AUDIT**



**S J Lindemann**  
**Partner**

Brisbane, 2 May 2013

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**

ABN: 14 053 849 460

**STATEMENT OF COMPREHENSIVE INCOME**

for the year ended 31 December 2012

	Notes	2012 \$	2011 \$
Revenue	2	2,361,660	1,707,478
Employee benefits and on costs		(1,084,233)	(878,002)
Depreciation and amortisation expense		(23,834)	(19,682)
NUCAP expenses	4	(132,140)	(115,511)
Administration expenses	3	(995,592)	(823,507)
		<hr/>	<hr/>
Profit/(loss) before income tax		125,861	(129,225)
Income tax expense	1(k)	-	-
		<hr/>	<hr/>
Profit/(loss) for the year		125,861	(129,225)
		<hr/> <hr/>	<hr/> <hr/>
Other comprehensive income		-	-
		<hr/>	<hr/>
Other comprehensive income for the year, net of tax		-	-
		<hr/> <hr/>	<hr/> <hr/>
Total comprehensive income/(loss) for the year		125,861	(129,225)
		<hr/> <hr/>	<hr/> <hr/>
Profit/(loss) attributable to members of the entity		125,861	(129,225)
		<hr/> <hr/>	<hr/> <hr/>
Total comprehensive income/(loss) attributable to members of the entity		125,861	(129,225)
		<hr/> <hr/>	<hr/> <hr/>

The above Statement of 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 2012**

	Notes	2012 \$	2011 \$
<b>CURRENT ASSETS</b>			
Cash	5	1,037,628	1,074,951
Trade and other receivables	6	178,617	96,616
Inventories	7	5,013	9,420
Total Current Assets		1,221,258	1,180,987
<b>NON-CURRENT ASSETS</b>			
Plant and equipment	8	175,814	62,396
Intangible assets	9	450	450
Trade and other receivables	10	19,250	-
Total Non-Current Assets		195,514	62,846
<b>TOTAL ASSETS</b>		1,416,772	1,243,833
<b>CURRENT LIABILITIES</b>			
Trade and other payables	11	217,520	150,918
Provisions	12	64,387	37,387
Deferred revenue	13	355,662	404,771
Total Current Liabilities		637,569	593,076
<b>NON-CURRENT LIABILITIES</b>			
Provisions	14	14,939	12,354
Total Non-Current Liabilities		14,939	12,354
<b>TOTAL LIABILITIES</b>		652,508	605,430
<b>NET ASSETS</b>		764,264	638,403
<b>EQUITY</b>			
Retained earnings	15	764,264	638,403
<b>TOTAL EQUITY</b>		764,264	638,403

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 2012**

	Notes	2012 \$	2011 \$
Total equity at the beginning of the year		638,403	767,628
Total comprehensive income attributable to the entity		125,861	(129,225)
Total equity at the end of the year	15	<u>764,264</u>	<u>638,403</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 2012**

	Notes	2012 \$ Inflows/ (Outflows)	2011 \$ Inflows/ (Outflows)
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Receipts from customers (inclusive of GST)		2,450,342	1,984,379
Payments to suppliers and employees (inclusive of GST)		(2,398,296)	(1,938,616)
		52,046	45,763
Interest received		47,883	46,405
Net cash (used in)/generated from operating activities	18(a)	99,929	92,168
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Payments for plant and equipment		(137,252)	(22,533)
Net cash used in investing activities		(137,252)	(22,533)
Net increase/(decrease) in cash held		(37,323)	69,635
Cash at the beginning of the financial year		1,074,951	1,005,316
Cash at the end of the financial year	18(b)	1,037,628	1,074,951

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 2012**

**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 2 May 2013 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.

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

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2012**

**(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 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**

Items of property, plant and equipment are carried at cost, less accumulated depreciation and impairment losses.

**Depreciation**

Items of plant and equipment are depreciated using the straight line method of depreciation over their estimated useful lives. The useful lives range from 3 to 10 years. Residual values and useful lives are reviewed, and adjusted if appropriate, at the end of each reporting period.

An assets 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 disposal are determined by comparing proceeds with the carrying amount. These gains or losses are included in the statement of comprehensive income.

**(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.

**(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.

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2012**

**(g) Impairment (continued)**

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 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 Tax Office. In these circumstances the GST is recognised as part of the cost of acquisition of the asset or as part of an item of expense. Receivables and payables in the statement of financial position are shown inclusive of GST.

**(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.

**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**

**ABN: 14 053 849 460**

**NOTES TO THE FINANCIAL STATEMENTS**

**for the year ended 31 December 2012**

**(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.

	<b>2012</b>	<b>2011</b>
	<b>\$</b>	<b>\$</b>
<b>2. REVENUE</b>		
Accreditation fees	650,343	500,512
Membership dues	662,468	549,327
Professional education courses	97,350	175,166
Advertising income	29,017	34,029
Interest income	47,883	46,405
Insurance income	44,426	36,017
Conference income	453,917	-
Business forum income	-	31,852
NUCAP income	127,282	87,300
DoHA project funding income	-	20,755
Project Grants	90,263	87,312
Other income	158,711	138,803
	<u>2,361,660</u>	<u>1,707,478</u>
	=====	=====

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2012**

	<b>2012</b>	<b>2011</b>
	\$	\$
<b>3. ADMINISTRATION EXPENSES</b>		
Conference expenses	304,228	-
Business forum expenses	-	26,842
Professional fees	90,544	67,939
Professional education expenses	74,690	189,433
Travel and accommodation	105,519	57,073
IT expenses	42,654	87,048
Rent	74,932	68,502
Advertising and promotion	78,567	70,080
Printing and postage	32,699	80,726
Grants and awards	27,273	33,325
Other	164,486	142,539
	995,592	823,507
	995,592	823,507
<b>4. NUCAP EXPENSES</b>		
Salary expense	73,523	51,699
Other expenses	58,617	63,812
	132,140	115,511
	132,140	115,511
<b>5. CURRENT ASSETS - Cash</b>		
Cash at bank	1,037,136	1,074,402
Cash on hand	492	549
	1,037,628	1,074,951
	1,037,628	1,074,951
<b>6. CURRENT ASSETS – Trade and other receivables</b>		
Trade receivables	119,837	73,568
Prepayments	58,780	23,048
	178,617	96,616
	178,617	96,616

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2012**

	<b>2012</b>	<b>2011</b>
	<b>\$</b>	<b>\$</b>
<b>7. CURRENT ASSETS – Inventories</b>		
Finished goods	5,013	9,420
	<u>=====</u>	<u>=====</u>
<b>8. NON-CURRENT ASSETS - Plant and equipment</b>		
Office equipment – at cost	127,914	112,863
Accumulated depreciation	(71,755)	(50,467)
	<u>-----</u>	<u>-----</u>
	56,159	62,396
	<u>-----</u>	<u>-----</u>
IT System	122,201	-
Accumulated depreciation	(2,546)	-
	<u>-----</u>	<u>-----</u>
	119,655	-
	<u>-----</u>	<u>-----</u>
Total plant and equipment	175,814	62,396
	<u>=====</u>	<u>=====</u>
<b>9. NON-CURRENT ASSETS – Intangible assets</b>		
Trademark	450	450
	<u>=====</u>	<u>=====</u>
<b>10. NON-CURRENT ASSETS – Trade and other receivables</b>		
Deposits	19,250	-
	<u>=====</u>	<u>=====</u>
<b>11. CURRENT LIABILITIES – Trade and other payables</b>		
Trade creditors	73,814	37,508
ATO liabilities	63,749	37,644
Accrued liabilities	74,605	17,839
Other payables	5,352	57,927
	<u>-----</u>	<u>-----</u>
	217,520	150,918
	<u>=====</u>	<u>=====</u>



**EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED**  
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**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2012**

	<b>2012</b>	<b>2011</b>
	<b>\$</b>	<b>\$</b>
<b>12. CURRENT LIABILITIES - Provisions</b>		
Provision for employee entitlements	64,387	37,387
	<u>64,387</u>	<u>37,387</u>
	=====	=====
<b>13. CURRENT LIABILITIES – Deferred Revenue</b>		
Membership, Accreditation and other fees in advance	355,662	404,771
	<u>355,662</u>	<u>404,771</u>
	=====	=====
<b>14. NON-CURRENT LIABILITIES - Provisions</b>		
Provision for employee entitlements	14,939	12,354
	<u>14,939</u>	<u>12,354</u>
	=====	=====
<b>15. RETAINED PROFITS</b>		
Retained profits at the beginning of the financial year	638,403	767,628
Net profit/(loss)	125,861	(129,225)
	<u>764,264</u>	<u>638,403</u>
	=====	=====
<b>16. 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 \$1 each towards meeting any outstanding obligations of the company. At 31 December 2012 the number of members was \$3,705 (2011: \$3,430).

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2012**

	<b>2012</b>	<b>2011</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	8,000	7,500
Other services	1,000	1,000
	9,000	8,500
	9,000	8,500
<b>18. NOTES TO THE STATEMENT OF CASH FLOWS</b>		
<b>(a) Reconciliation of profit/(loss) from ordinary activities after income tax to net cash inflow from operating activities</b>		
Net profit/(loss)	125,861	(129,225)
Depreciation	23,834	19,682
Change in operating assets and liabilities:		
(Increase)/decrease in trade debtors and other debtors	(65,519)	(18,629)
(Increase)/decrease in prepayments	(35,732)	1,493
(Increase)/decrease in inventory	4,407	(8,501)
Increase/(decrease) in trade creditors	66,602	43,946
Increase/(decrease) in revenue received in advance	(49,109)	160,513
Increase/(decrease) in other provisions	29,585	22,889
Net cash inflow from operating activities	99,929	92,168
	99,929	92,168
<b>(b) Reconciliation of cash</b>		
Cash at bank and on hand	1,037,628	1,074,951
Cash per Statement of Cash Flows	1,037,628	1,074,951
	1,037,628	1,074,951

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

**NOTES TO THE FINANCIAL STATEMENTS**  
**for the year ended 31 December 2012**

	<b>2012</b>	<b>2011</b>
	<b>\$</b>	<b>\$</b>
<b>19. COMMITMENTS FOR EXPENDITURE</b>		
Commitments in relation to operating leases are payable as follows:		
Not later than 1 year	70,000	26,681
Later than 1 year but not later than 5 years	170,528	-
Later than 5 years	-	-
	<u>240,528</u>	<u>26,681</u>
	=====	=====

**20. COMPANY DETAILS**

The registered office of the company is:  
327 Sandgate Road  
ALBION QLD 4010

The principal place of business is:  
327 Sandgate Road  
ALBION QLD 4010

**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 7 to 19, are in accordance with the *Corporations Act 2001* and:

- i. comply with the Accounting Standards applicable to the company; and
- ii. give a true and fair view of the financial position as at 31 December 2012 and of the 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

Brisbane, 2 May 2013

**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 2012 and the Statement of 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.

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

***Independence***

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

***Opinion***

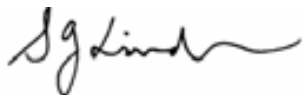
In our opinion, the financial report of Exercise And Sports Science Australia Limited is in accordance with the *Corporations Act 2001*, including:

- (a) giving a true and fair view of the company's financial position as at 31 December 2012 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.

**LAWLER HACKETTS AUDIT**



**S J Lindemann  
Partner**

Brisbane, 2 May 2013

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