

ESSA

2014 ANNUAL REPORT





OUR VISION

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







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

NAME

Assoc. Prof. Chris Askew
Dr Brendan Joss
Mr Jason Pilgrim
Mr Sebastian Buccheri
Professor David Bishop
Mr Chris Tzarimas
Dr Kade Davison
Ms Merendi Leverett
Mr Nathan Reeves
Professor Steve Selig
Dr Andrew Williams
Dr Belinda Parmenter
Professor Aaron Coutts
Mr Andrew Haynes
Ms Larina Tcherkezian

POSITION

President (to April)
Vice-President (to April)
Treasurer (to April)
Director
Director (to April)
Director
Director (to April) Vice-President (from April)
Director (to March)
Director (to April) President (from April)
Director
Director (to April)
Director (from July)
Director (from July)
Director (from July)
Director (from July)

RESPONSIBILITY

Presidency
Human Resources
Finance
Exercise Physiology/ General
Sports Science/ General
Marketing/ General
Exercise Science/ General
Operations / Risk/General
Continuing Education/ General
Curriculum/ General
Academia and Research/ General
General
Sports Science
Governance
Finance

STATE CHAPTERS

QUEENSLAND
NEW SOUTH WALES
VICTORIA
WESTERN AUSTRALIA
SOUTH AUSTRALIA
TASMANIA

Miss Beth Sheehan
Mr Andrew Boyle
Dr Vanessa Rice
Mr David Beard
Dr David Bentley
Dr Cecilia Shing

2014 AWARDS

APPLIED SPORTS SCIENCE RESEARCH GRANT

DR CECILIA SHING

TOM PENROSE RESEARCH AND COMMUNITY SERVICE GRANT

LISA SPENCER

ESSA MEDAL

ROSANNA NOGUEIRA

EXERCISE PHYSIOLOGY PRACTICE OF THE YEAR

ACTIVE HEALTH CLINIC

ACCREDITED EXERCISE PHYSIOLOGIST OF THE YEAR

RICHELLE STREET

EXERCISE PHYSIOLOGIST GRADUATE OF THE YEAR

ISMINI DANDANIS

ACCREDITED SPORTS SCIENTIST OF THE YEAR

CRAIG DUNCAN

EXERCISE SCIENTIST OF THE YEAR

NICOLAS HART

PRACTICUM SUPERVISOR OF THE YEAR

ALANA WALLIS

NATIONAL OFFICE

EXECUTIVE OFFICER
PA TO THE EXECUTIVE OFFICER
OFFICE MANAGER
INDUSTRY DEVELOPMENT MANAGER
INDUSTRY DEVELOPMENT OFFICER
INDUSTRY DEVELOPMENT OFFICER
STANDARDS OFFICER
NUCAP MANAGER
MARKETING AND COMMUNICATIONS MANAGER
MARKETING AND COMMUNICATIONS OFFICER
PROFESSIONAL DEVELOPMENT OFFICER
MEMBERSHIP OFFICER
MEMBERSHIP SERVICES OFFICER
ASSESSOR
ASSESSOR
ASSESSOR
ASSESSOR
PROJECT OFFICER HEAL/INDUSTRY DEVELOPMENT OFFICER
PROJECT OFFICER EXERCISE IS MEDICINE AUSTRALIA
ADMINISTRATION OFFICER
ADMINISTRATION OFFICER
ADMINISTRATION OFFICER
RECEPTIONIST

MARKETING AND COMMUNICATIONS COORDINATOR
ACCREDITATION SUPPORT OFFICER

ANITA HOBSON-POWELL
RACHEL COLLINS
BELINDA BURKE
LOUISE CZOSNEK
IAN GILLAM (TO SEPTEMBER)
KATIE WILLIAMS
JANETTE FRAZER-ALLEN
RACHEL HOLMES
ZOE BICKERSTAFFE
MELANIE NEWTON
SARAH HALL
NARELLE O'LOUGHLIN
RENEE FITZGERALD
NARDINE PRESLAND
CARLY RYAN
MELISSA CREED
JODI ALMOND (TO JUNE)
SHARON HETHERINGTON
JENNIFER ALENCAR
ASHLEE CANNON
AMY SPARKS
KATE O'LOUGHLIN (TO MAY)
ROUSHARNE JENNER (TO SEPTEMBER)
CAMELLA HOLLAND BRIGHTMAN (FROM SEPTEMBER)
KELLIE DUGGAN (FROM AUGUST)
VANESSA BROOKE (FROM JULY)

PRESIDENT'S REPORT



On behalf of the ESSA National Board, I am delighted to present you with this 2014 Annual Report.

My first year as ESSA President has given me many different insights into our association and our future. It has been an exciting year with a number of highlights which this report will outline, however I want to focus on the enormous amount of groundwork that has been happening behind the scenes to lay strong foundations for the future governance of exercise and sports science.

In 2014 we saw the introduction of a new board structure. The board consists of six directors drawn from the membership base. This group has a diverse range of skills and experiences covering the spectrum of practitioner to academic, exercise science to exercise physiology. Following the completion of a skills matrix which referenced the ESSA strategic plan, the board identified an opportunity to bolster its skills in the areas of finance/accounting, governance and sports science. The new constitution allows for the appointment of up to three appointed directors who can be recruited from within or outside the membership base. Supported by this enhanced flexibility, a director recruitment drive was initiated and 'specialist' directors were appointed to fill the key areas of opportunity. The result of which, I believe, has formed a highly skilled and nimble board which is able to address the key conformance and performance areas relevant to a dynamically expanding association.

On the topic of board composition, I am proud to say that although a formalisation of a board diversity policy is yet to be completed, it has been a clear intention of the organisation to foster an environment that is conducive to a more representative board. We believe that a multiplicity in views and opinions better equips a board to meet its custodian duty and strategic thinking responsibilities. To this end I am pleased to say that the current ESSA board is made up of 22% females, the highest representation in our history. Whilst we still have a way to go, this is a positive step forward.

The ESSA board is now supported by two committees of the board, the Audit Finance and Risk committee and the Governance and Nominations committee. Both of these committees have met on a number of occasions during the year and have been charged with the responsibility of considering key matters on behalf of the board. The committee chairs report back to the board on behalf of the committees. This new governance system facilitates more detailed and skilled interrogation of agenda items, more efficient deliberation and approval processes, and overall higher quality and expeditious directions to management.

Another key function of the association is to oversee the progression of standards and accreditation which are the framework that underpin the excellence of our members. In 2014 there was a conscious decision to strengthen the governance framework of the professional standards and accreditation functions within ESSA.

Planning for the new Professional Standards Advisory Council (preceded by the ESSA Accreditation and Curriculum Committee) and the Accreditation Advisory Council (preceded by NUCAP) was undertaken. These councils will continue to play a vital role in two key planks of ESSA business, professional standards and accreditation.



Significant work has been undertaken to review the standard of all functions of exercise and sports science as well as reviewing our accreditation and international pathway processes.

Aside from the governance work, ESSA's strategic plan remains the compass by which the board guides its activities and direction. The four pillars of ESSA's 2013-15 plan, being Advocacy, Networks, Standards and Education, remain as current today as they have been throughout ESSA's two decades of existence. The following contents of this Annual Report will touch upon the activities of the association in these four pillars.

Finally, I would like to provide thanks to a number of people. Firstly to Winthrop Professor Danny Green and Professor Jeff Coombes for their outstanding work as co-chairs of the highly successful 6th Exercise & Sports Science Australia Conference and Sports Dietitians Australia Update Research to Practice. Additional thanks must also go to our key sponsors, Bodytastic and Aspire, and other sponsors for their support of the event.

The lifeblood of ESSA's existence past and present is volunteerism. I thank each and every one of our volunteers – without your altruistic actions, ESSA would be a lesser version of itself.

To the ESSA National Office staff and Anita Hobson-Powell, your dedication and service to our members is second to none. Thank you for your selfless efforts.

To all members, you are the reason I took on this role and you are the reason why I believe so strongly in our professions and am excited at the levels I know we can reach. Thank you.

Nathan Reeves
President

INDUSTRY DEVELOPMENT

The ESSA Industry Development team worked tirelessly throughout 2014 to improve the recognition, awareness and opportunities for our members. Some of the key highlights for 2014 were:

- ESSA produced over 50 submissions in 2014, commenting on a range of issues that affect exercise and sports science members. This has included:
 - » Multiple formal responses to WorkCover reviews in SA, NSW and QLD
 - » Request for improved coverage or new coverage of AEP services in the private health fund sector
 - » DVA submission on PTSD and aged care
 - » National code of conduct for health professionals
 - » Service Skills Australia and fitness industry qualifications
 - » Funding cuts to universities; and many others.
 - The ESSA mentorship program was launched in 2014 and is supported by resources supplied by the Australian Mentoring Centre. The feedback from participants in the 2014 program was overwhelmingly positive and ESSA plans to expand this program in 2015.
 - ESSA was successful in gaining a \$30,000 grant from the NSW Office of Ageing to develop a program aimed at encouraging community and care workers to start a conversation about physical activity with their clients. AEPs have been conducting this training in NSW.
 - ESSA was selected to provide input into the Queensland Health Happier.Healthier campaign. This has involved providing physical activity advice and exercise programs which have been promoted widely to the Queensland population through multiple modes of media. We expect to expand this campaign to other states in 2015.
 - The inaugural gazetted fee schedule for exercise physiologists working within WorkCover SA scheme was introduced in July 2014.
 - The Exercise Science Advisory Group was established to support the development and promotion of the exercise science profession.
- Between major projects, the Industry Development team has also continued to represent our members' needs at many high level stakeholder meetings, including: Allied Health



Professions Australia - disability group, State-based WorkCover and Motor Accident Authority reviews, Service Skills Australia reviews, DVA allied health advisory group meetings and regular sessions with state and federal parliamentarians.

I encourage ESSA members to contact the Industry Development team at industrydevelopment@essa.org.au if you would like to contribute to the building of the exercise and sports science industry.



EPAG

The exercise physiology advisory group (EPAG) continued to support the development of the exercise physiology profession in 2014 by undertaking a range of initiatives and activities. Of utmost importance was the review of the accredited exercise physiology (AEP) scope of practice. The EPAG chose to conduct a comprehensive review in 2014 which incorporated many opportunities for stakeholder feedback. It is anticipated that a further review will be undertaken in 2015 to ensure the scope remains contemporary and supports the future direction of AEP practice.

EPAG continued to maintain our representation on national peak associations in 2014, including:

- The National Aged Care Alliance (NACA). Most recently ESSA has volunteered to join the NACA working group focusing on wellness and reablement care. Importantly, the NACA working groups are developed to directly lobby government about policy and reform in the aged care sector.
- Mental Health Alliance

- National Rural Health Alliance (transitioned over to EPAG during the restructure of ESSA's National Rural and Remote Committee at the end of 2014)

EPAG are also in the final stages of completing a new resource for members: "When to refer" – a succinct document designed for General Practice to help facilitate referrals to AEPs for a range of medical and health conditions.

Finally, EPAG continued its primary function of providing guidance, feedback and recommendations to the ESSA National Office and

Industry Development team on key issues and events that impact members. This information is used by the National Office staff to guide the development of submissions and resources on behalf of the membership. EPAG is looking forward to welcoming a new committee in 2015 and our thanks go to those members who tirelessly volunteered their time and efforts over the past two years. Members are encouraged to contact EPAG should they wish to raise issues of importance via louise.czosnek@essa.org.au.

ESAG



In 2013 ESSA undertook a review of the exercise science standards. To apply these standards, in relation to employment and career opportunities, ESSA established the exercise science advisory group (ESAG). The ESAG began meeting monthly from August 2014 and identified 3 primary areas of focus for the group's activities:

1. Clear delineation between roles of exercise scientists (ES), accredited exercise physiologists and accredited sports scientists
2. Develop and promote exercise science as a career pathway in its own right
3. Recognition of exercise scientists as important health professionals akin to exercise physiologists and sports scientists

To facilitate these activities the ESAG conducted a survey of the membership in November 2014 which provided a clearer understanding of where ES members are working. The results of this survey indicated:

- Most ES are employed by a private company or a fitness facility
- The primary areas of employment for ES are:
 - » Fitness industry, strength and conditioning, athlete development and health promotion
- Most ES are primarily undertaking the duties of exercise assessment, exercise prescription, educational sessions and wellness programs
- ES are working predominantly with adults who have no known or a low number of disease risk-factors (1-3 risk factors), while some are working with people with known disease or with a number of risk factors

- ES predominantly work with exercise physiologists, physiotherapists and personal trainers

Moving into 2015 the ESAG plan to develop a defined scope of practice (SoP) for the profession. It is anticipated the development of a scope document will facilitate greater opportunity for marketing exercise science and career promotion.

The ESAG is a membership-based advisory group that does welcome input from the wider membership. You can contact ESAG via louise.czosnek@essa.org.au.



NUCAP

In early 2014, the National University Course Accreditation Program (NUCAP) initiated an independent external review of the course accreditation process. The purpose of the review was to assess the extent to which the current NUCAP process achieves its intended functions and to identify areas for improvement in the course accreditation process. The review was intended to inform the NUCAP Executive in delivering on continuous quality improvement of the university accreditation process and for providing up-to-date advice to the ESSA Board.

The reviewer was independent of ESSA and NUCAP who prepared a report based on observation of a site visit, document analysis and respondent feedback. This approach included the reviewer interacting with a representative group of stakeholder respondents drawn from NUCAP members (including the NUCAP Chair, Committee and Executive members), ESSA management and staff, and university staff from courses at different stages in the course accreditation process.

The final report (delivered August 2014) outlined a series of recommendations for consideration.

Following this review, the NUCAP Executive commenced work to develop a new course accreditation system. This work will continue in 2015, with the implementation of the new accreditation system planned to coincide with the implementation of the new Exercise Science standards that were finalised in 2013.

2014 was also another mammoth year for NUCAP in the processing of university course accreditation applications.

Course accreditation applications were received from five universities. Two applications were from universities new to the NUCAP process, and three applications were from universities submitting courses for re-accreditation.

An unprecedented number of 18 courses were awarded accreditation across 12 universities. With the exception of one, all of these universities were new to the course accreditation process. The courses accredited included nine undergraduate courses accredited at the level of exercise science, four undergraduate courses accredited at the level of both exercise science and exercise physiology, and five postgraduate courses accredited at the level of exercise physiology.

This work could not have been achieved without the continued commitment from the NUCAP Committee. NUCAP Committee members who participated in university course accreditation reviews in 2014 included Professor Tim Ackland (University of Western Australia), Professor Stephen Bird (RMIT), Mr Marc Brown (University of Wollongong and AEP practitioner), Ms Sharrie Carter (AEP practitioner, WA), Ms Wyn-ter Chan (Victoria University and AEP practitioner), Dr Rosanne Coutts (Southern Cross University and AEP practitioner), Professor Andrew Cresswell (University of Queensland), Dr Robert Crowther (University of Southern Queensland and AEP practitioner), Dr Herbert Groeller (University of Wollongong), Associate Professor Anthony Leicht (James Cook University), Professor Peter Milburn (Griffith University), Mr David Nunn (AEP practitioner), Associate Professor Leonie Otago (Australian Catholic University), Associate Professor Annette Raynor (Edith Cowan University), Associate Professor Peter Reaburn (Central Queensland University), and Associate Professor Margaret Torode (Charles Sturt University).

NUCAP also increased its resource capacity and in July welcomed Ms Vanessa Brooke in the role of Accreditation Support Officer.



MARKETING AND COMMUNICATIONS



In 2014 the Marketing and Communications team undertook a range of projects to help enhance the exercise and sports science professions as well as improve ESSA members' experience with the association.

May 2014 saw the introduction of the association's first national awareness campaign – Exercise Right Week – which included the launch of a new Exercise Right website which attracted 9,559 unique users in the month of May. The campaign also had 898,252 impressions through the Fairfax Media range of online news outlets and had a social media reach of 104,299 users across all channels.

In September 2014, the team launched the new look ESSA website which offered a fresh and functional website that included over 37 additional pages of member information and an online CPD logbook function. In 2014 the ESSA website had a total of 120,292 visitors.

A "30 Days 30 Reasons to Exercise" campaign in October 2014 included 20 high profile Australian icons who helped ESSA share the positive message of physical activity. The campaign achieved 1,633 unique entrances to the Exercise Right website, a total of 1,595 new social followers and a 45% increase in social engagement over the duration of the campaign.

In terms of general media opportunities, ESSA and the term 'accredited exercise physiologists' were included in 174 media mentions which is the equivalent of \$662,791 paid advertising. The media mentions ranged from regional newspapers through to online commentary blogs.

ESSA social media went from strength to strength with Facebook likes growing to over 8,000 (doubled over the year), 1,700 Twitter followers and 540 Instagram followers.

In addition to general campaign work, the team continued to expand the range of member resources on the website, established the student ambassador network, assisted in the promotion of professional development and the 2014 conference and expanded and enhanced the content of ESSA enews and Activate magazine.



EXERCISE IS MEDICINE AUSTRALIA

Exercise is Medicine Australia, now in its fifth year, continues to provide innovative evidence based resources and information to healthcare providers and workplaces across Australia. Our key goal of making physical activity and exercise a standard part of chronic disease prevention and management continues to be supported by a number of successful initiatives.

PRIMARY CARE ENGAGEMENT

Our EIM education continues to provide health care providers with the tools and strategies to begin the physical activity conversation with their patients. Over 800 practitioners have completed workshops across the country, with participant evaluations clearly showing participants leave feeling empowered to counsel their patients and utilise appropriate referral pathways. With EIM achieving the Royal Australian College of General Practitioners (RACGP) accreditation for the workshop, we are confident our reach can only grow.

The Aboriginal Health and Medical Research Council partnered with EIM in 2014 to tailor the workshops for health care providers working in rural NSW, including Aboriginal Health Workers. This foundation work has led to a pilot program of four workshops to be delivered in rural NSW in early 2015.

RESOURCE DEVELOPMENT

The user friendly EIM website is an excellent resource to support clinicians to counsel patients effectively. Information is written in plain English, making it easy for patients to understand and learn more about exercise and how it can have a positive impact on their quality of life.

All EIM factsheets were reviewed and updated to reflect the latest evidence and relaunched with a fresh new look. With

EIM published results of a formal evaluation into our primary care engagement activity, 31 Days 31 Patients. The results were positive, suggesting that EIM is making a difference in the awareness and action of clinicians about the importance of physical activity assessment.

EIM is also working closely with ESSA to ensure the importance of physical activity and exercise and the role of AEPs in health care is recognised, particularly in the transition to Primary Health Networks in 2015.

WORKPLACE

As workplaces strive to provide avenues for employees to be less sedentary, EIM delivers solutions. Free information including correct stretching techniques and ideas to interrupt sitting time are popular, as is the Be Active at Work employee needs assessment and PACE calendar, now with 1,000 different events listed.

six new factsheets in 2014, there are now 29 conditions covered, with a further five currently under development for launch in 2015. New factsheets developed in 2014 are: stroke, multiple sclerosis, COPD, spinal cord injury, pregnancy and exercise, and postnatal rehabilitation.

2015 AND ONWARDS

Future planning includes an increased focus on primary care engagement, with continuing education for GPs and practice nurses and the addition of a workshop specifically

for Aboriginal Health Workers in rural areas. Expansion of our resource library and continued lobbying for inclusion of physical activity as a vital sign in medical software continue to be high priorities.



HEAL

The Healthy Eating Activity & Lifestyle (HEAL™) program continues to go from strength to strength with a number of innovations being introduced during 2014. There is continued strong interest in the program from ESSA members and HEAL™ programs are being delivered to increasingly diverse participant groups.

A major innovation is that HEAL™ facilitator training is now available via videoconference using software installed on the attendees computer – this has enabled rural and remote ESSA members to participate in HEAL™ training without incurring travel and accommodation costs. Other innovations in 2014 were the development and launch of a teenage HEAL™ guide and supporting resources; the development of a regional licence to allow large organisations to directly engage with HEAL™ providers in their area; and production of two YouTube clips promoting HEAL™ to health practitioners and to prospective participants.

A number of promotional activities were undertaken in 2014. A 1-hour webinar was delivered to Medicare Local staff across Australia as part of the Preventive Health Matters webinar series and a HEAL™ case study was published in the CO-OPS Obesity

Prevention Collaboration online book of case studies. Other HEAL™ presentations were also conducted at; the ESSA conference, Wave 4 Australian Primary Care Collaboratives Diabetes Prevention and Management workshop and at the Australian Disease Management Association seminar. Two HEAL™ papers were accepted for publication in the Health Promotion Journal of Australia. One, a qualitative paper prepared by the University of New South Wales, reported on the importance of partnerships to the success of the HEAL™ program and on the ways in which these partnerships were developed and strengthened. The second paper, prepared by the HEAL™ project team, reported on improvements in outcome measures from participation in the HEAL™ program. HEAL™ was also accepted as an accredited program under the Healthy Workers Initiative and listed on the Healthy Workers public access portal.

Delivery of HEAL™ programs continues to expand into new areas, with examples from 2014 being; delivery in aged care settings, programs for people recovering from drug and alcohol dependence, workplace programs and programs for people living with a mental illness. The number of trained HEAL™ facilitators will exceed 500 early in 2015 and there continues to be strong interest in the program from across Australia. The expected transition of ESSA's partner organisation in HEAL™, South Western Sydney Medicare Local, to a Primary Health Network in the coming year presents unique challenges and opportunities which means that 2015 is likely to be another eventful year for the HEAL™ project team.

CONFERENCE

The 6th Exercise & Sports Science Australia Conference and Sports Dietitians Australia Update: Research to Practice was held at the Adelaide Convention Centre, Adelaide, South Australia on 10 – 12 April 2014.

With over 1,000 delegates, 208 poster presentations and 47 exhibitors, this conference was the largest conference in ESSA's history. The program consisted of 38 presenters, and 75 award finalists, making up an intense 3 days. The presenters ranged from researchers, practitioners, students and clinical scientists from both Australia and international origins.

The keynote presenters were a highlight, with Dr Daniel Eichner, Professor Simon Gandevia, Dr Mike Joyner, Professor Nicola Lautenschlager and Professor Lorimer Moseley, all delivering outstanding presentations. The Frank Cotton Memorial Lecture was delivered by Professor Mark Hargreaves.

Olympic gold medallist and World Record holder, Anna Meares OAM also gave us her inspirational story of overcoming her fall, which not only nearly stole her Olympic dreams, but nearly took her life.

The conference co-chairmen, Winthrop Professor Daniel Green and Professor Jeff Coombes were focused on seeing the young members of our industry shine, with more awards and prize money given away, not only in ESSA history, but worldwide. This created a record number of 284 abstracts being submitted.

The awards included:

- Early Career Researcher (ECR) Sports Science
- Early Career Researcher (ECR) Exercise Science & Health
- Young Investigator Award (YIA) Sports Science
- Young Investigator Award (YIA) Exercise Science & Health
- Practitioner Award
- Poster for Sports Science
- Poster for Exercise Science & Health
- ESSA/ECSS Research Exchange
- Aspire Academy Internship

ESSA would like to thank our exhibitors and sponsors for their involvement, with a special mention to our major sponsor, Monark by Bodytastic, our awards sponsor, Aspire Academy for Sports Excellence, and our keynote sponsor, Musashi.

ESSA would also like to thank Winthrop Professor Daniel Green, Professor Jeff Coombes and the conference committees for their valuable time and contribution to this record making conference.

STANDARDS

The Standards Unit was established in late 2013 as part of ESSA's ongoing governance review. Consequently, 2014 was its first year of operation. 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.

As a founding member of the National Alliance of Self-Regulating Health Professions (NASRHP), ESSA has been extensively involved in the development of standards to accredit the self-regulating professional bodies. These standards are under consideration by the Australian Government. When approved they will fill the regulatory gap between registered health professions e.g. medicine and physiotherapy and public expectation regarding registration of all health professionals and will enhance the standing of Exercise and Sports Science professionals in Australia.

In 2013 ESSA finished a review of the Exercise Science (ES) standards and established the Exercise Science Implementation Group (ESIG). The ES standards set the standard for graduates from either a NUCAP (National University Course Accreditation Program) course or non-NUCAP course to join ESSA as ES members. In 2014 the ESIG delivered an assessment framework (to support these standards) that includes education standards (for both theoretical practical learning) and guidance for course design. The proposed assessment framework was presented to the Council of Heads of Exercise, Sport and Movement Sciences (CHESMS) in December 2014. CHESMS is the peak body of university Heads of Schools and Programs. The ESIG work is expected to be completed mid 2015 for implementation of the ES standards from 2016.

Following on from the review of the Exercise Science standards, ESSA commenced (in 2013) a formal review of the AEP accreditation scheme that has been in place since 2008. The Exercise Physiology Accreditation Review Committee (EPARC) that was established for this review met face-to-face at the ESSA biennial conference in Adelaide, April 2014. The EPARC continued to meet regularly throughout 2014 culminating in

presentation of a draft accreditation scheme to CHESMS. Along the way, extensive stakeholder consultation was undertaken with the workforce, universities and regulatory bodies. This has resulted in WorkCover New South Wales providing support for exercise physiology graduates, under the proposed scheme, to be recognised (on graduation) as able to provide services within WorkCover NSW. This is a major breakthrough and will result in more job opportunities not just in NSW but also throughout Australia.

In April 2014, ESSA convened a roundtable with industry on the future direction for Sports Science in Australia. This was in response to recent spotlight on the sports science industry and following the senate inquiry into the "Practices of sport science in Australia" that recommended greater regulation of the industry. Following from this consultation, the Sports Science Accreditation Review Committee (SSARC) was established to review and renew the sports science accreditation scheme. A revised framework for Accreditation of Sports Scientists has been developed that includes a two tiered accreditation framework and detailed graduate attributes and competencies. This was also presented at CHESMS and will be implemented in 2015.

In 2013, ESSA developed a Standards and Compliance professional development module as a resource to assist AEPs better understand the requirements of providing services under Medicare and the Department of Veterans' Affairs (DVA). As well as being mandatory for existing AEPs it is mandatory for all new and returning AEPs. In addition to monitoring member compliance with this requirement, ESSA made this resource available (in 2014) to universities as a resource for their graduating students and regularly reviews the content of the module

to reflect ongoing Australian Government health reforms.

In late 2014, in response to a government requirement, ESSA introduced a pathway for International applicants for AEP accreditation. This is an intensive multistage process involving a desktop review, online theoretical examination, practical examination and Australian practice requirements. This pathway in conjunction with the revisions to the AEP accreditation requirements will pave the way for ESSA to engage in mutual recognition discussions in the future for members wishing to expand their experience overseas.



TREASURER'S REPORT

The year ending 31 December 2014 was a successful financial year for ESSA, with our association recording an operational profit of \$238,027. ESSA's total membership increased in 2014 by 19% to 4,789 members, the number of accredited exercise physiologists (AEPs) increased by over 14% to 3,359 AEPs, and the number of accredited sports scientists increased by 3.5% to 29 at 31 December 2014.

The total revenue received in 2014 was \$3,441,298. The main revenue streams for the association were accreditation fees (\$977,699) and membership fees (\$928,385), consistent with the strong increase in membership and accreditation numbers.

A very successful 2014 conference attracting over 1,000 delegates resulted in revenue of \$692,174 with other professional development courses attributing revenue of \$218,929.

Expenditure in 2014 amounted to \$3,203,271, largely comprised of administration expenses of \$1,540,969 and employee costs of \$1,376,551.

2014 was a busy year for the National University Course Accreditation Program (NUCAP), with an unprecedented number of 18 courses being awarded accreditation across 12 universities. NUCAP received \$261,781 in fees with expenses of \$235,939, recording a profit of \$25,842.

ESSA's cashflow remained positive in 2014 with inflows of \$3,638,527 and outflows of \$3,394,199. The net cash held by ESSA at the end of December 2014 was \$1,769,432. The ESSA balance sheet has seen an increase of \$177,457 in total assets (\$2,082,856) and a reduction of \$60,570 in total liabilities to \$780,232, resulting in a total equity of \$1,302,624.

ESSA remains in a strong financial position and is committed to reinvesting member funds in developing the exercise and sports science industry and improving opportunities for our members in 2015.

PRE EXERCISE SCREENING

The Pre-exercise Screening Working Group was established in 2012 following an article published in the Australian Doctor Magazine regarding the Australian Pre-Exercise Screening System (APSS) that was co-designed by ESSA, Fitness Australia and Sports Medicine Australia. Medico legal experts were issuing warnings to GPs over fit to exercise certificates if a fitness or exercise professional referred a patient to them.

The working group was established to develop guidelines for our professionals and the medical profession around their obligations and their scope when undertaking pre exercise assessments. The guidelines are also addressing an AEP's responsibilities around high risk clients wanting to undertake high intensity exercise (ie in a cardiac rehabilitation setting).

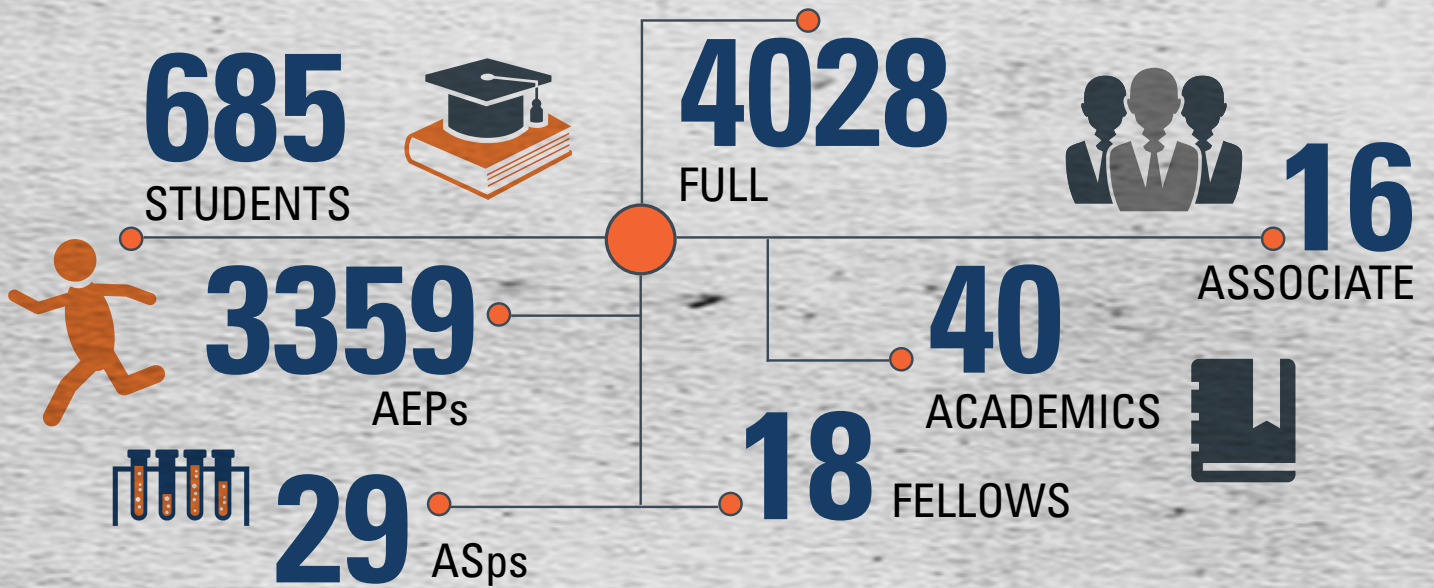
Over 2014 the working group has continued to develop the model for pre-exercise screening and an accompanying set of guidelines for ESSA professionals. These will be available late 2015.

The project will be concluding with education of the GPs on the new guidelines. GPs do not receive education and training on the risk assessment algorithms for exercising patients and what constitutes high or moderate risk patients and the implications. The working group hopes to publish a series of articles/information documents around these guidelines to allow GPs to be more comfortable about their role in exercise pre-screening.

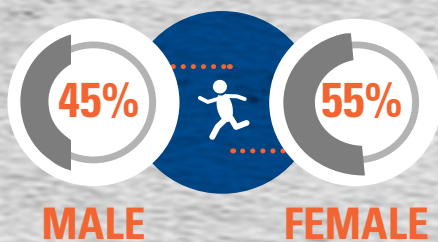
We thank those members, and non-members who have been involved in this working group over the last few years and for their ongoing contribution to this project.

MEMBERSHIP STATS

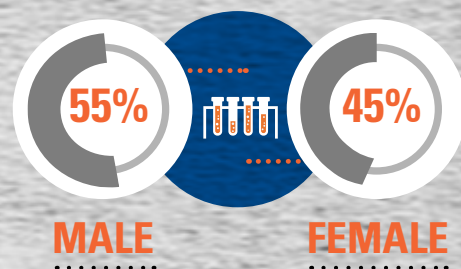
NUMBERS OF MEMBERS/TYPES



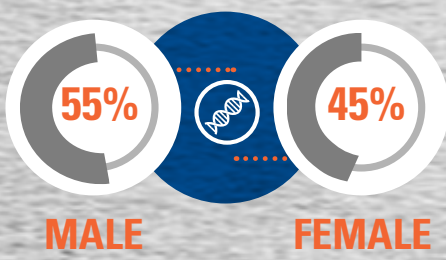
AEP MEMBERS



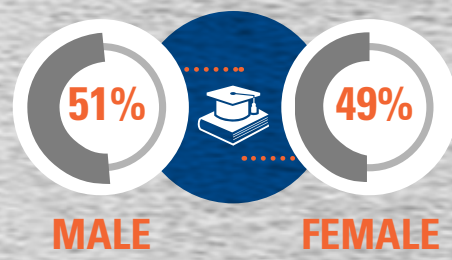
ES MEMBERS



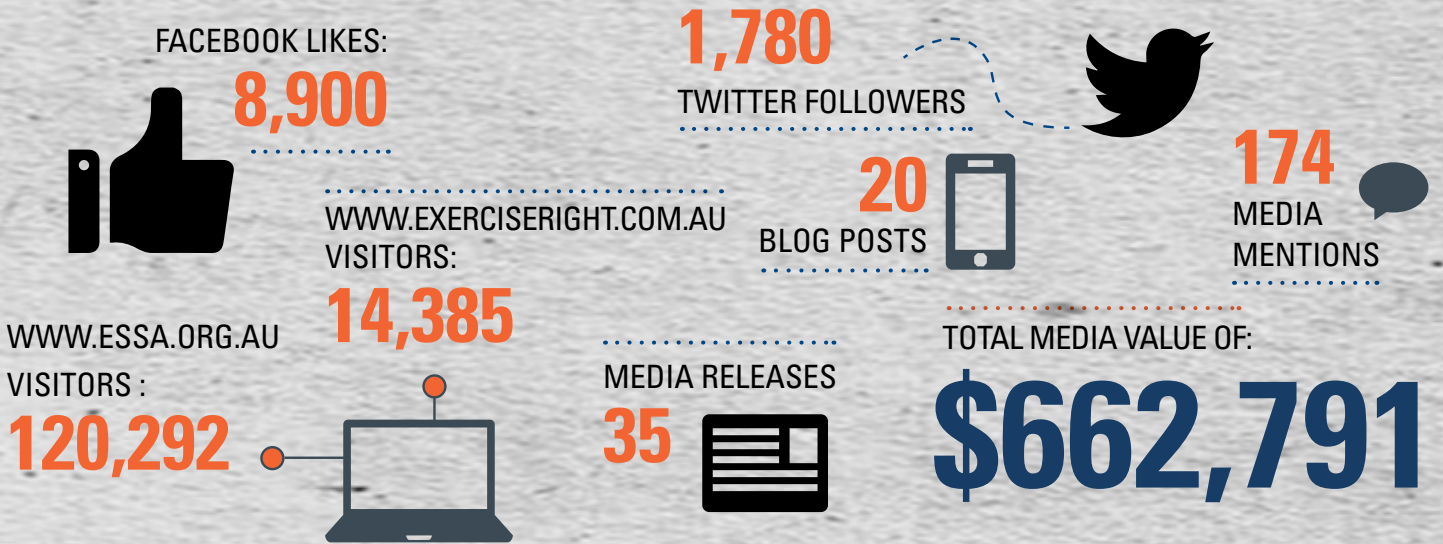
ASP MEMBERS



STUDENT MEMBERS



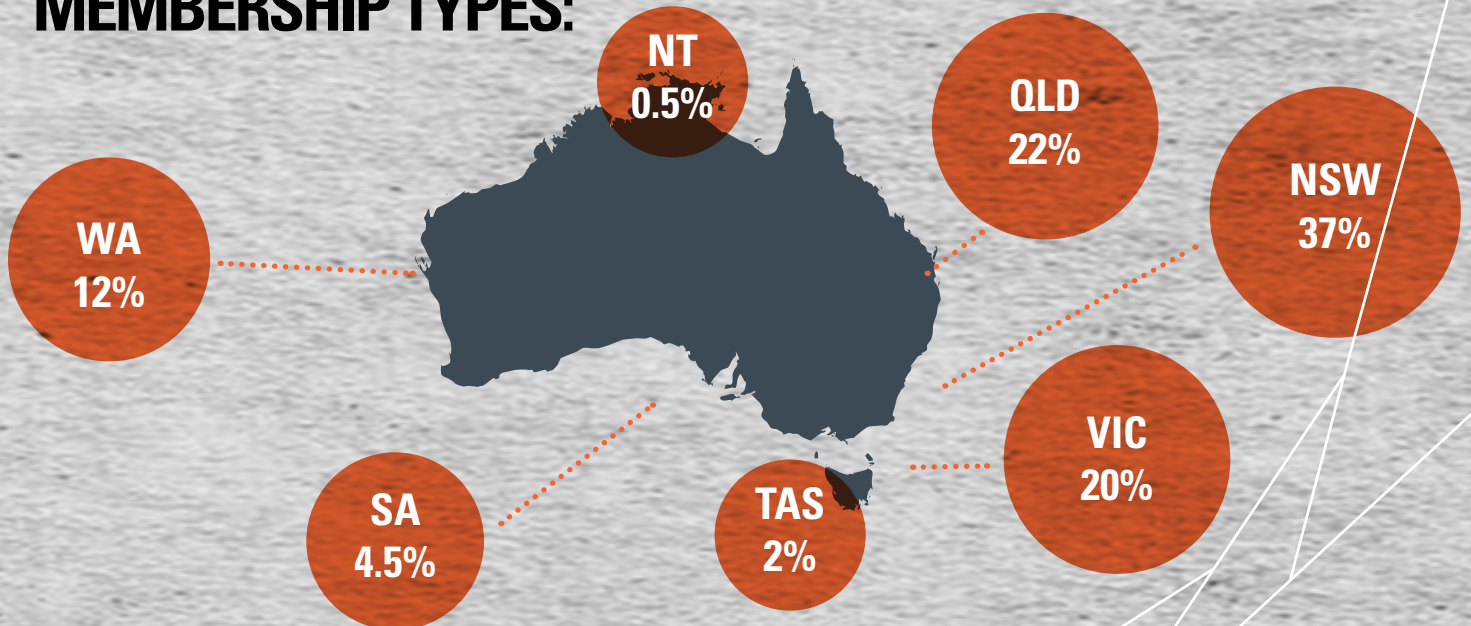
MEDIA



APPLICATIONS



BY STATE ACROSS ALL FOUR MEMBERSHIP TYPES:



FINANCIAL STATEMENTS

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

**Special Purpose Financial Report
for the year ended 31 December
2014**

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

FINANCIAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2014

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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 2014.

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 Chris Tzarimas
Mr Sebastian Buccheri
Dr Belinda Parmenter (appointed 11 April 2014)
Professor Aaron Coutts (appointed 30 June 2014)
Mr Andrew Haynes (appointed 30 June 2014)
Ms Larina Cherkezian (appointed 10 July 2014)
Associate Professor Chris Askew (resigned 11 April 2014)
Dr Andrew Williams (resigned 11 April 2014)
Dr Brendan Joss (resigned 11 April 2014)
Professor David Bishop (resigned 11 April 2014)
Ms Merendi Leverett (resigned 11 March 2014)
Mr Jason Pilgrim (resigned 11 April 2014)

Principal Activities

2014 saw ESSA head into its 2nd 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
ABN: 14 053 849 460

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 sport 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 2014 financial year. Key activities for 2014 consisted of:

- Reviewing the association's constitution and governance structures.
- Provide a high quality scientific conference to the members.
- Expanding on the professional development offerings to the members.
- Ongoing liaison and advocating with health funds , regulatory agencies (e.g. Medicare, Department of Veterans' Affairs, WorkCover), disease organisations and coalitions (e.g National Mental Health Council of Australia, NSW Schizophrenia Fellowship and Mental Health Coordinating Council, Osteoporosis Australia, Alzheimers' Australia), Medicare Locals, and national reform programs (NDIS, Aged Care).
- Developing submissions to Workcover SA, WA, NSW Q-comp, Service Skills Australia, DVA, HWA, pre-budget
- Lobbying for recognitions of AEPS in the SA WorkCover system
- Launching the a new ESSA mentorship program
- Review the currency of the exercise physiology and sports science professional competencies
- Development of a sports science scope of practice.
- Lobbying for the need for regulation across the sports science industry through the media, networking with key stakeholders and government
- Continuing our partnership with South Western Sydney Medicare Local to train and support members to deliver the HEAL program – Healthy Eating, Activity and Lifestyle program

EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED

ABN: 14 053 849 460

DIRECTORS' REPORT (continued)

- Maintain membership on National Aged Care Alliance, the National Rural Health Alliance, Mental Health Council of Australia, Allied Health Professions Association working groups, DVA – allied health advisory committee
- Ongoing media exposure, including 48 media releases
- Created and launched AEP Week which included advertising, video creation and online marketing
- Developed and maintained an ESSA Blog
- Redevelopment of the website, including better integration with our member database
- Contract to provide intellectual property for the Queensland Health Healthier, Happier campaign
- Funding from the New South Wales' Office for Aging to develop and deliver a training package for people working with, or who have access to, older people who are currently not participating in any physical activity
- 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.

	2014		2013	
	Actual	Benchmark	Actual	Benchmark
Membership				
Total membership	4,789	4,224	4,023	4,076
Full membership	4,028	3,710	3,534	3,323
Accredited Exercise Physiologist	3,359	3,083	2,937	2,701
Accredited Sports Scientists	29	30	28	19
Operational and financial				
Proportion of funding provided by:				
- membership	\$928,385	\$926,416	\$781,279	\$709,714
- accreditation	\$977,699	\$918,866	\$783,923	\$744,336
- professional development (inc conference)	\$911,103	\$814,624	\$334,424	\$257,650
- NUCAP	\$261,781	\$160,206	\$242,473	\$252,460
Proportion of funding spent on:				
- Operational	\$2,917,520	\$3,244,864	\$2,156,051	\$2,252,970
- NUCAP	\$235,939	\$180,990	\$169,950	\$211,017

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

DIRECTORS' REPORT (continued)

Information on Directors

Director	Qualifications	Experience	Special Responsibilities
Mr Nathan Reeves	B Sc (Phys) M Ex Rehab, GAICD, AEP	Lecturer – Griffith University Director – Reeves Consulting Project Manager – ClinEdAus	President (April - Dec 2014) Director – (Jan-April 2014) Chair of Governance and Nomination Committee (May-Dec 2014) Member of the Audit, Finance and Risk Committee (May-Dec 2014)
Dr Kade Davison	Dip. Bldg Tech (Contract Admin/Quant Survey), B AppSci (HMS), B Hlth Sci (Hons) PhD, AEP	Lecturer – University of South Australia	Vice President (April - Dec 2014) Director – (Jan-April 2014) Member of Governance and Nomination Committee (May-Dec 2014)
Professor Steve Selig	BSc (Hons), DIP (PE), PhD, AEP	Professor, Clinical Exercise Science, Deakin University	Director
Mr Chris Tzarimas	BSc(ExSc), MSc(Ex.Rehab.) AEP	Clinical Director – Lifestyle Clinic, UNSW	Director
Mr Sebastian Buccheri	BAppSc HMS Grad Dip (Ex Rehab) AEP	Chief of Exercise Physiology Victorian Rehabilitation Centre Pain services coordinator – Healthscope. Owner/Director – Symmetry Movement Medicine	Director Member of the Audit, Finance and Risk Committee (May-Dec 2014)
Dr Belinda Parmenter	B.Hlth. Sc (ExSpSc), PhD, AEP	Lecturer – University of New South Wales	Director (April – December 2014) Member of Governance and

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

			Nomination Committee (May-Dec 2014)
Prof Aaron Coutts	BApSc(HMS), PhD ASp	Professor – University of Technology Sydney Head of Sports Science Research - Carlton Football Club	Director (July – December 2014)
Mr Andrew Haynes	B.A. LL.B H Dip IS Cert. Legal Practice FGIA GAICD MAMI JP (Qual)	Board Secretary, Mackay Hospital and Health Service; Independent Director, Railways Credit Union	Director (July – December 2014) Member of Governance and Nomination Committee (May-Dec 2014)
Ms Larina Cherkezian	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 (July – December 2014) Chair of the Audit, Finance and Risk Committee (May-Dec 2014)

Meetings of Directors

During the financial year, 8 meetings of directors were held. Attendances by each director were as follows:

	Directors' Meetings	
	Number eligible to attend	Number attended
Dr Chris Askew	3	3
Professor David Bishop	3	0
Mr Sebastian Buccheri	8	8
Ms Larina Cherkezian	4	4
Professor Aaron Coutts	4	4
Dr Kade Davison	8	8
Mr Andrew Haynes	4	4
Dr Brendan Joss	3	2
Ms Merendi Leverett	1	1
Dr Belinda Parmenter	5	3
Mr Jason Pilgrim	3	3
Mr Nathan Reeves	8	8
Professor Steve Selig	8	8
Mr Chris Tzarimas	8	7
Dr Andrew Williams	3	3

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

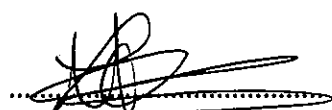
DIRECTORS' REPORT (continued)

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 2014, the total amount that members of the company are liable to contribute if the company is wound up is \$47,890 (2013: \$40,230).

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 2014. 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.



Larina Tcherkezian

Director

Brisbane, 30 March 2015

**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 2014, 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 AUDIT



Cameron Bradley
Partner

Brisbane, 30 March 2015

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 2014

	Notes	2014 \$	2013 \$
Revenue	2	3,441,298	2,669,572
Employee benefits and on costs		(1,376,551)	(1,135,999)
Depreciation and amortisation expense		(49,812)	(52,572)
NUCAP expenses	4	(235,939)	(169,950)
Administration expenses	3	(1,540,969)	(1,010,718)
		<hr/>	<hr/>
Profit/(loss) before income tax		238,027	300,333
Income tax expense	1(k)	-	-
Profit/(loss) for the year		<hr/> <u>238,027</u>	<hr/> <u>300,333</u>
Other comprehensive income		-	-
Other comprehensive income for the year, net of tax		<hr/> <u>-</u>	<hr/> <u>-</u>
Total comprehensive income/(loss) for the year		<hr/> <u>238,027</u>	<hr/> <u>300,333</u>
Profit/(loss) attributable to members of the entity		<hr/> <u>238,027</u>	<hr/> <u>300,333</u>
Total comprehensive income/(loss) attributable to members of the entity		<hr/> <u>238,027</u>	<hr/> <u>300,333</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 2014

	Notes	2014 \$	2013 \$
CURRENT ASSETS			
Cash	5	1,769,432	1,507,529
Trade and other receivables	6	181,635	232,082
Inventories	7	4,190	5,936
Total Current Assets		1,955,257	1,745,547
NON-CURRENT ASSETS			
Plant and equipment	8	107,419	140,152
Intangible assets	9	930	450
Trade and other receivables	10	19,250	19,250
Total Non-Current Assets		127,599	159,852
TOTAL ASSETS		2,082,856	1,905,399
CURRENT LIABILITIES			
Trade and other payables	11	204,882	202,336
Provisions	12	82,973	58,951
Deferred revenue	13	469,982	560,969
Total Current Liabilities		757,837	822,256
NON-CURRENT LIABILITIES			
Provisions	14	22,395	18,546
Total Non-Current Liabilities		22,395	18,546
TOTAL LIABILITIES		780,232	840,802
NET ASSETS		1,302,624	1,064,597
EQUITY			
Retained earnings	15	1,302,624	1,064,597
TOTAL EQUITY		1,302,624	1,064,597

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 2014

	Notes	2014 \$	2013 \$
Total equity at the beginning of the year		1,064,597	764,264
Total comprehensive income attributable to the entity		238,027	300,333
Total equity at the end of the year	15	<u>1,302,624</u>	<u>1,064,597</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 2014

	Notes	2014 \$ Inflows/ (Outflows)	2013 \$ Inflows/ (Outflows)
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from customers (inclusive of GST)		3,638,527	3,122,030
Payments to suppliers and employees (inclusive of GST)		(3,394,199)	(2,683,171)
		244,328	438,859
Interest received		35,134	48,858
Net cash (used in)/generated from operating activities	18(a)	279,462	487,717
CASH FLOWS FROM INVESTING ACTIVITIES			
Payments for plant and equipment		(17,079)	(17,816)
Investment in Trade Marks		(480)	-
Net cash used in investing activities		(17,559)	(17,816)
Net increase/(decrease) in cash held		261,903	469,901
Cash at the beginning of the financial year		1,507,529	1,037,628
Cash at the end of the financial year	18(b)	1,769,432	1,507,529

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 2014

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 2015 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.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2014

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 2014

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:

Class of Fixed Asset	Depreciation Rate
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.

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2014

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 2014

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 2014

	2014	2013
	\$	\$
2. REVENUE		
Accreditation fees	977,699	783,923
Membership dues	928,385	781,279
Professional education courses	218,929	334,424
Advertising income	30,851	29,259
Interest income	35,134	48,858
Insurance income	62,708	56,603
Conference income	692,174	-
NUCAP income	261,781	242,473
Sponsorship income	47,477	106,670
Project grants	62,743	162,815
Other income	123,417	123,268
	3,441,298	2,669,572
	3,441,298	2,669,572
3. ADMINISTRATION EXPENSES		
Conference expenses	529,146	-
Professional fees	195,613	177,904
Professional education expenses	50,234	141,530
Travel and accommodation	164,633	66,066
IT expenses	81,893	73,203
Rent	80,829	82,068
Advertising and promotion	96,530	77,568
Printing and postage	39,574	40,708
Membership packs	57,608	64,997
Equipment rental	93,192	19,112
Grants and awards	66,600	20,010
Other	85,117	247,552
	1,540,969	1,010,718
	1,540,969	1,010,718
4. NUCAP EXPENSES		
Salary expense	115,574	97,263
Other expenses	120,365	72,687
	235,939	169,950
	235,939	169,950

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

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2014

	2014	2013
	\$	\$
5. CURRENT ASSETS - Cash		
Cash at bank	1,769,369	1,506,937
Cash on hand	63	592
	1,769,432	1,507,529
 6. CURRENT ASSETS – Trade and other receivables		
Trade receivables	113,360	103,087
Prepayments	68,275	128,995
	181,635	232,082
 7. CURRENT ASSETS – Inventories		
Finished goods	4,190	5,936
 8. NON-CURRENT ASSETS - Plant and equipment		
Office equipment – at cost	139,576	128,542
Accumulated depreciation	(98,706)	(80,608)
	40,870	47,934
IT System	132,397	126,352
Accumulated depreciation	(65,848)	(34,134)
	66,549	92,218
Total plant and equipment	107,419	140,152
 9. NON-CURRENT ASSETS – Intangible assets		
Trademark	930	450

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

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2014

	2014	2013
	\$	\$
10. NON-CURRENT ASSETS – Trade and other receivables		
Deposits	19,250	19,250
	<u>19,250</u>	<u>19,250</u>
11. CURRENT LIABILITIES – Trade and other payables		
Trade creditors	60,537	16,177
ATO liabilities	67,555	55,633
Accrued liabilities	71,382	123,142
Other payables	5,408	7,384
	<u>204,882</u>	<u>202,336</u>
	<u>204,882</u>	<u>202,336</u>
12. CURRENT LIABILITIES - Provisions		
Provision for employee entitlements	82,973	58,951
	<u>82,973</u>	<u>58,951</u>
	<u>82,973</u>	<u>58,951</u>
13. CURRENT LIABILITIES – Deferred Revenue		
Membership, accreditation and other fees in advance	469,982	560,969
	<u>469,982</u>	<u>560,969</u>
	<u>469,982</u>	<u>560,969</u>
14. NON-CURRENT LIABILITIES - Provisions		
Provision for employee entitlements	22,395	18,546
	<u>22,395</u>	<u>18,546</u>
	<u>22,395</u>	<u>18,546</u>
15. RETAINED PROFITS		
Retained profits at the beginning of the financial year	1,064,597	764,264
Net profit/(loss)	238,027	300,333
	<u>1,302,624</u>	<u>1,064,597</u>
	<u>1,302,624</u>	<u>1,064,597</u>

EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2014

16. MEMBERS' GUARANTEE

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 2014 the number of members was 4,789 (2013: 4,023).

	2014	2013
	\$	\$
17. REMUNERATION OF AUDITORS		
Amounts received, or due and receivable by the auditors of the company for auditing the accounts of the company	8,300	8,300
Other services	1,000	1,000
	9,300	9,300
	9,300	9,300

18. NOTES TO THE STATEMENT OF CASH FLOWS

(a) Reconciliation of profit/(loss) from ordinary activities after income tax to net cash inflow from operating activities

Net profit/(loss)	238,027	300,333
Depreciation	49,812	52,572
Loss on disposal of property, plant and equipment	-	906
Change in operating assets and liabilities:		
(Increase)/decrease in trade debtors and other debtors	(10,273)	16,750
(Increase)/decrease in prepayments	60,720	(70,215)
(Increase)/decrease in inventory	1,746	(923)
Increase/(decrease) in trade creditors	2,546	(15,184)
Increase/(decrease) in revenue received in advance	(90,987)	205,307
Increase/(decrease) in other provisions	27,871	(1,829)
Net cash inflow from operating activities	279,462	487,717
	279,462	487,717

(b) Reconciliation of cash

Cash at bank and on hand	1,769,432	1,507,529
Cash per Statement of Cash Flows	1,769,432	1,507,529
	1,769,432	1,507,529

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

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2014

	2014	2013
	\$	\$
19. COMMITMENTS FOR EXPENDITURE		
Commitments in relation to operating leases are payable as follows:		
Not later than 1 year	74,520	74,520
Later than 1 year but not later than 5 years	45,257	116,724
Later than 5 years	-	-
	<u>119,777</u>	<u>191,244</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.

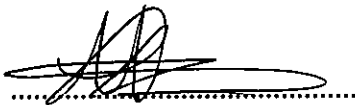
The directors of the company declare that:

1. The financial statements and notes, as set out on pages 9 to 22, 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 2014 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.



Larina Tcherkezian

Director

Brisbane, 30 March 2015

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 2014, 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 2014 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 2015

