



**EXERCISE &
SPORTS SCIENCE
AUSTRALIA**
2016
ANNUAL REPORT



OUR

VISION

To enhance
performance,
health and well-being
through the science of
exercise and sport.

A black and white photograph of a man smiling and holding a tennis racket, set against a background of a chain-link fence. The image is partially overlaid with a large orange triangle on the right side. The text is positioned in the upper right area of the image.

Lead and promote excellence in
exercise and sports science for
the benefits of society and
the professions.

OUR MISSION

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GOVERNANCE

NATIONAL BOARD

NAME

Mr Nathan Reeves
Dr Kade Davison
Professor Steve Selig
Mr Sebastian Buccheri
Dr Simon Rosenbaum
Professor Aaron Coutts
Ms Kirsty Rawlings
Mrs Philippa Ellis
Mrs Carolyn Pillans
Ms Larina Tcherkezian

POSITION

President
Vice-President
Director
Director
Director
Director
Director (appointed 14/04/2016)
Director (appointed 11/03/2016)
Director (appointed 15/08/2016)
Director (resigned 15/06/2016)



STATE CHAPTERS

AUSTRALIAN CAPITAL TERRITORY

Chair- Kellie Toohey and Eva Boland

NEW SOUTH WALES

Chair- Mia Kacen

QUEENSLAND

Chair- John Dennehy and Emma Beckman

SOUTH AUSTRALIA

Chair- Jessica Northcott

TASMANIA

Chair- James Fell

VICTORIA

Chair- Gemma Houston and Rebecca Hallam

WESTERN AUSTRALIA

Chair- David Beard



2016 AWARDS

ACCREDITED EXERCISE PHYSIOLOGIST OF THE YEAR – EMIL JOSEF

ACCREDITED EXERCISE SCIENTIST OF THE YEAR – AVA KERR

ACCREDITED SPORTS SCIENTIST OF THE YEAR – KURT VOGEL

PRACTICUM SUPERVISOR OF THE YEAR – KRISTINE GRAINGER

PRACTICE OF THE YEAR – ACHIEVE EXERCISE PHYSIOLOGISTS



ESSA MEDAL – DR JOYCE RAMOS

PHD THESIS TITLE - *Different volumes of high-intensity interval training in individuals with metabolic syndrome: how low can you go?*

2016 GRANTS

CLINICAL EXERCISE PHYSIOLOGY RESEARCH GRANT – KEMI WRIGHT

PROJECT TITLE - *Evaluating physical activity outcomes of children following a physical literacy intervention utilising parent coaches*

APPLIED SPORTS SCIENCE RESEARCH GRANT – DR LUKE HOGARTH

PROJECT TITLE - *Towards evidence-based classification in Paralympic swimming*

TOM PENROSE COMMUNITY SERVICE GRANT – DR TINA SKINNER

PROJECT TITLE - *Peer support: the key to exercise maintenance in cancer survivors? A pilot study.*



NATIONAL OFFICE

ANITA HOBSON-POWELL
CHIEF EXECUTIVE OFFICER

CAMELLA HOLLAND-BRIGHTMAN
P.A. TO THE CHIEF EXECUTIVE OFFICER & NATIONAL BOARD

BELINDA BURKE
OPERATIONS MANAGER

NARELLE O'LOUGHLIN
MEMBERSHIP OFFICER

RENEE FITZGERALD
PROJECT SUPPORT OFFICER

MICHELLE POETSCHKA
ADMINISTRATION OFFICER

ALEX WADE
ADMINISTRATION OFFICER

ZOE BICKERSTAFFE
MARKETING & COMMUNICATIONS MANAGER

NATALIE SIMPSON
MARKETING & COMMUNICATIONS COORDINATOR

EMILY DONOHOE
DESIGN & COMMUNICATIONS OFFICER

RACHEL HOLMES
COURSE ACCREDITATION MANAGER

MELISSA CREED
ACCREDITATION OFFICER

KATIE LYNDON (MATERNITY LEAVE)
INDUSTRY DEVELOPMENT MANAGER

MARY WILLIS (MATERNITY LEAVE CONTRACT)
INDUSTRY DEVELOPMENT MANAGER

LOUISE CZOSNEK
POLICY & RELATIONS ADVISOR

ALEX LAWRENCE
INDUSTRY DEVELOPMENT OFFICER

JANETTE FRAZER-ALLEN
STANDARDS OFFICER

CARLY RYAN
STANDARDS SUPPORT OFFICER

HAIDA LUKE
PROFESSIONAL PRACTICE MANAGER

BETH SHEEHAN
ACCREDITATION OFFICER

NARDINE PRESLAND
ACCREDITATION OFFICER

SARAH HALL
PROFESSIONAL DEVELOPMENT OFFICER

ASHLEE DEANE
PROFESSIONAL DEVELOPMENT CO-ORDINATOR

PETER ELLIS
EXERCISE IS MEDICINE OFFICER

MEMBERSHIP STATISTICS

MEMBERSHIP NUMBERS

2,657

STUDENTS



TOTAL



7,265



19

ASSOCIATE



4,552

FULL MEMBERS

24



FELLOWS

2 LIFE



37



ACADEMICS

ACCREDITATION NUMBERS



4,594

TOTAL
ACCREDITED
MEMBERS



4,165

AEP



379

AES



54

ASpS

PRESIDENT'S REPORT



On behalf of the ESSA National Board, I am honored to present this Annual Report.

2016 was another busy and productive year for our organisation. The year saw a variety of achievements and celebrations including new accreditations, successful conference and professional development offerings, and influential reports and campaigns to name a few. We celebrated 25 years of Exercise & Sports Science Australia – a significant milestone in the history of our organisation. Since forming in 1991, AAESS/ESSA has championed a wide-ranging agenda that has helped to define, structure, and advance the exercise and sports science industries domestically and internationally. These achievements, underpinning governance framework, and exciting strategic plan, will yield continued success into the future.

2016 saw the successful roll out of a new sports science accreditation structure. Much has been said about the need to regulate the sports science industry since the 'blackest day in sport', and ESSA stood up to take responsibility for the establishment of a quality assurance and regulatory process for the sports science industry. In close partnership with industry, ESSA launched two sports science accreditations and a high performance manager accreditation at the beginning of the year. These accreditations have been enthusiastically adopted by a number of domestic sporting bodies, and international groups have taken a keen interest in the work that ESSA has done.

The centre piece of ESSA's professional development offerings, the Research to Practice Conference, was yet again a resounding success. A great scientific program, innovative structure, first class venue and hosting, and enviable social activities were all part of the success. Owing to a record number of delegates, the event can claim the status of the largest exercise and sports science conference to be held in the southern hemisphere.

2016 also saw the continued role out of the constitution approved by the membership in 2015, which included the separation of membership and accreditation, and the introduction of accreditation for our Exercise Scientist constituents. These changes have resulted in great flexibility for people to interact with ESSA and have provided our previous Exercise Science members a platform to be recognised for their qualifications, skills and knowledge.

Throughout the year, ESSA continued to commit and contribute to the work of the National Alliance of Self Regulating Health Professions (NASRHP). ESSA subscribes fully to the NASRHP aim of setting an evidence based framework of minimum standards of practice for self-regulated health professions. It is important for those professions who have not been included

in national registration to have the same rigor around quality assurance as those included in AHPRA. ESSA sees membership to NASRHP in the future as a strategic priority.

2016 was a year of continued growth for the National Board. Particular foci of its governance evolution were risk management, strategic oversight, conflicts of interest, delegation of authority, and council/committee terms of reference. The Board also explicitly committed to ESSA's Corporate Social Responsibility (CSR), pledging to uphold values and core behaviours that will support community and the environment to consigning ESSA to function as a Good Corporate Citizen.

The year drew an end to the strategic plan set in place in 2013, and the formation of a new strategic map that will guide the organisation as we progress towards the year 2020. The 2020 strategic plan enunciates 5 very clear outcomes the organisation is committed to in the years ahead:

1. ESSA will comprise of more than 10,000 members and 6,000 accredited professionals.
2. Clinical exercise interventions by accredited exercise physiologists will be included as part of standard care for all people with complex and chronic medical conditions or injuries.
3. 'Accredited Exercise Scientist' will be the preferred minimum qualification for exercise prescription and delivery for healthy people and those at increased risk of developing chronic disease.
4. All professional sports people and those at the representative level will engage the appropriate services of accredited sports scientists or accredited high performance managers.
5. Australians will understand and value the benefits of exercise prescribed by an appropriately accredited exercise practitioner.

My thanks must go to the Board, executive, office staff, and countless volunteers who make up our committees, councils and working groups. Your tireless efforts during 2016 have ensured that the ESSA organisation continues to go from strength to strength and is a strong and resilient organisation equipped to serve the interests of our members well into the future.

Yours in health,
Nathan Reeves
President

FINANCE REPORT 2016

ESSA's Audit, Finance and Risk Committee is responsible for reviewing and providing recommendations to the ESSA Board on policies and procedures in relation to audit, financial reporting, budgets and risk. As Chair of the Audit, Finance and Risk Committee it is my pleasure to present ESSA's financial performance for the year ended 31 December 2016.

During 2016, ESSA recorded a total revenue of \$4,083,187, an increase of some 34% in comparison to 2015 (\$3,032,338). This increase in revenue was largely due to ESSA's biennial Research to Practice conference, that attracted revenue of \$785,074. The main revenue streams for 2016 remained accreditation fees, at \$1,328,762, and membership fees, at \$1,123,164.

Total expenditure amounted to \$3,965,311 in 2016, compared to \$3,036,381 in 2015, an increase of 30%. This increase was also largely due to conference expenditure of \$668,386.

ESSA's cash flow remained positive in 2016, with inflows of \$4,417,743 and outflows of \$4,313,938. Cash reserves held by ESSA grew to \$2,116,032 at the end of December 2016.

Total assets at the end of 2016 totalled \$2,515,210, an increase of 12% (\$2,202,615 at 2015 year-end). Total liabilities also increased from \$1,005,995 at the end of 2015, to \$1,200,714 at the end of 2016, an increase of 19%. This resulted in Total Equity of \$1,314,496 at year end.

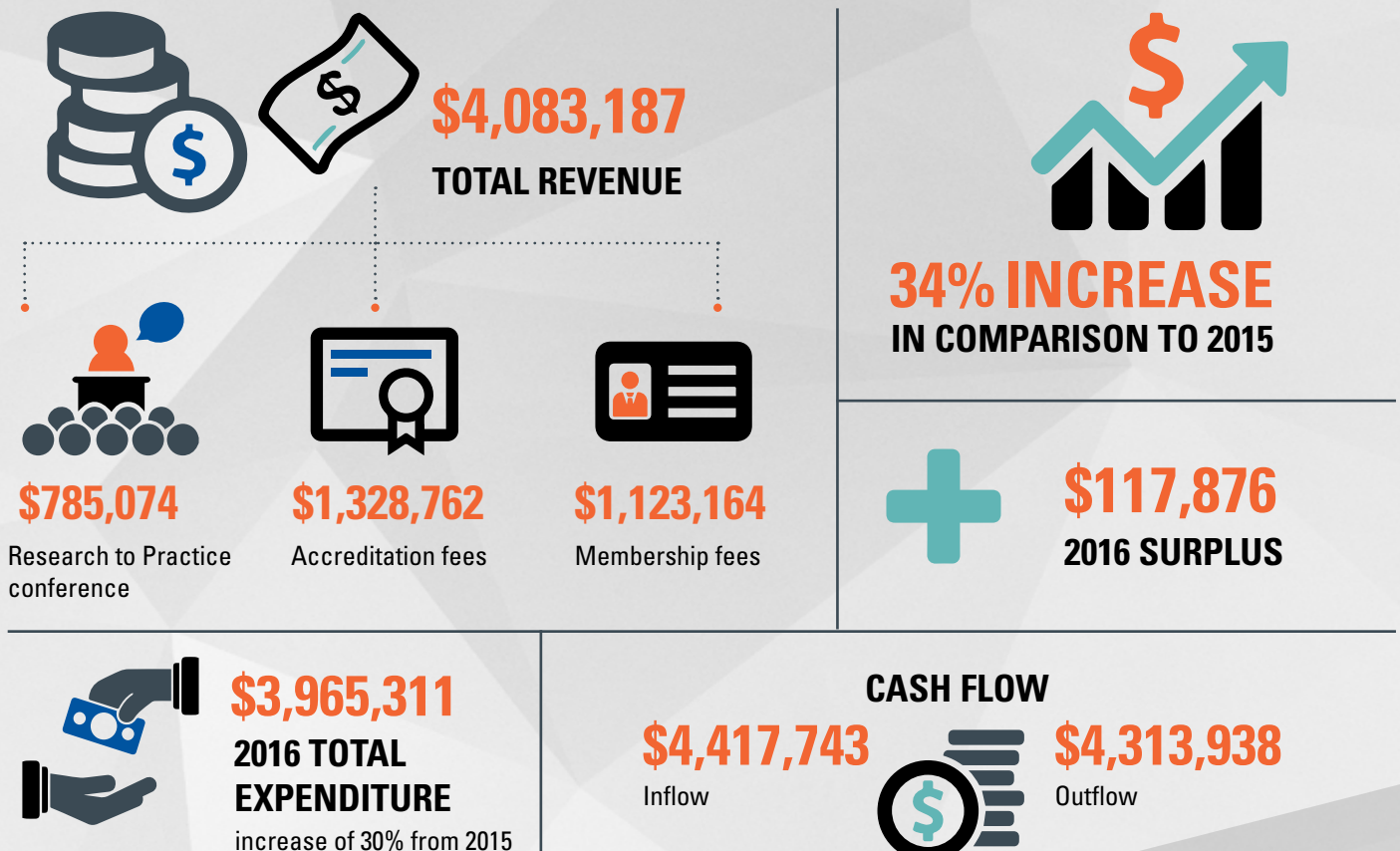
ESSA recorded a modest surplus of \$117,876 for the year. For a service organisation with no borrowings and few fixed assets by which to generate revenue, achieving a surplus is an important source of funds to invest in future strategies and growth. In light of this, ESSA's Board has approved a carefully planned deficit budget in 2017 to further invest in services and support to ESSA members.

ESSA's financial performance this year has set a strong platform for achieving its strategic objective: to evolve and strengthen as an organisation to ensure it remains effective, financial and sustainable.

Yours sincerely



Carolyn Pillans
Chair – Audit, Finance and Risk Committee



RESEARCH TO PRACTICE 2016

Professor David Bishop and Professor Nuala Byrne co-chaired Research to Practice 2016, the biennial ESSA Conference, held in Melbourne, Victoria on 14-16 April 2016. Statistics show that this conference was the largest in ESSA's history with over 1,200 delegates in attendance over the 3 days.

307 
ABSTRACTS
SUBMITTED

165 
POSTERS

60 
INVITED
SPEAKERS

 **37**
TRADE
BOOTHS

\$35,000 
PRIZE
MONEY

1200 
DELEGATES

The delegates enjoyed a 3-day programme with 60 invited presenters, 66 oral abstract presenters and 165 poster presentations. The keynote presenters for Research to Practice 2016 were Professor Joan Duda (United Kingdom), Professor Jonathan Myers (United States of America), Professor Stuart Phillips (Canada) and Professor Kathryn Schmitz (United States of America), with The Frank Cotton Memorial Lecture awarded to Professor John Hawley. At Research to Practice 2016, the committee introduced an Exercise Science Lecture, and this was awarded to Professor Bronwyn Kingwell. The committee also decided to keep the tradition of a special guest athlete presentation. This presentation was delivered by Louise Sauvage, OAM.

Records were broken with the Call of Abstracts also, with 307 abstracts submitted over a range of topics and presentation styles.

The awards included at Research to Practice 2016 are listed below, and a total prize money of AUD\$35,000 was awarded.

- Young Investigator Award for Exercise Science & Health
- Young Investigator Award for Sports Science
- Early Career Researcher for Exercise Science & Health
- Early Career Researcher for Sports Science
- Practitioner Award
- Poster Award for Exercise Science & Health
- Poster Award for Sports Science
- Best Oral Presentation for Exercise Science & Health
- Best Oral Presentation for Sports Science

Thank you to all our sponsors, particularly our major sponsor, Bodytastic, and our Young Investigator and Early Career Researcher awards sponsor, Aspire Academy for Sports Excellence. The conference attracted 15 sponsors and 37 exhibitors.

Another initiative by the Research to Practice 2016 committee was to introduce a Conference Charity. The charity for this conference was the McGrath Foundation, with \$10.00 from every registration being donated to the conference charity. 'Pink Friday' was held in recognition of the McGrath Foundation, and donation boxes were available throughout the conference. A total of \$9,257.15 was donated to the McGrath Foundation by Research to Practice 2016.

A special thank you to our Conference Committee, Professor Louise Burke, Professor Aaron Coutts, Winthrop Professor Daniel Green, Dr Shona Halson, Professor Sandi Hayes and Dr Charli Sargent, led by Professor David Bishop and Professor Nuala Byrne. Without your valuable time and expertise, Research to Practice 2016 would not have been the success it was.

EXERCISE IS MEDICINE

In consultation with EIM Australia's expert Advisory Council, the future direction has been established for EIM in Australia with the renewed EIM Strategic Plan for 2017-2019. The renewed vision for EIM is, "To make physical activity a standard component of chronic disease prevention and management."

The primary focus will be to improve the health and wellbeing of all Australians through regular physical activity prescription from primary healthcare providers.

This will be achieved by creating awareness that exercise is medicine, making "level of physical activity and exercise" a standard vital sign question in each patient visit and empowering doctors, nurses, aboriginal health workers and other primary healthcare providers to become effective in counselling and referring patients as to their physical activity and exercise needs.

Over the next two years key initiatives will include elements of education and training, media, research, policy and advocacy.



EIM RESOURCES

The EIM Australia website has been re-built and re-focused towards providing information to empower healthcare professionals including tools, factsheets, education information and an online education platform link. The website provides awareness information through pages explaining the EIM initiative and strategy, advisory council, a blog, and newsletter sign up. The website also provides information about how to join the EIM Network, how to connect with a local accredited exercise physiologist and a link to ESSA's public focussed campaign 'Exercise Right', which contains information for the consumer about many chronic diseases and exercise. In the second half of 2016, four new EIM factsheets were produced, focussing on exercise and HIV, solid organ transplantation, Aboriginal and Torres Strait Islander coronary heart disease and Aboriginal and Torres Strait Islander kidney disease.

The GP Visit Kit was reviewed by ESSA members, EIM network members and ESSA staff and will be available for download in 2017.

EIM NETWORK

The EIM Network was launched successfully in 2016 and will continue in 2017 to champion the EIM message throughout member primary healthcare networks. Currently there are over 150 members who contribute by promoting EIM to GPs using EIM PowerPoint presentations, promoting EIM at professional development events, presenting at EIM education workshops, contributing to network newsletters and providing feedback for EIM resource revision.

EIM EDUCATION

Thirteen workshops were hosted via three Primary Health Networks and seven GP practices in four states around

Australia. A total of 114 health clinicians consisting of GPs, nurses, allied health, health promotion and research professionals participated in the workshops.

Additionally, EIM presentations and/or promotions were disseminated at nine events nationally, including an RACGP Clinical update and a co-branded 'Exercise is Medicine - Musculoskeletal Health' webinar hosted by Arthritis Victoria.

EIM IN PRACTICE

This initiative tracked the implementation of EIM in seven Australian GP practices after the dissemination of an EIM workshop and resources within participating practices. Comparison of baseline to follow up data over seven months post workshop generally showed positive behaviour change trends regarding the assessment of physical activity, confidence, PA guidelines knowledge and barriers to EIM. In general, the data showed that positive practitioner behaviours declined over time, but in most cases remained above baseline levels. The initiative showed that EIM workshops help to overcome barriers to GP knowledge about physical activity and assessment with patients. The importance of continuing clinician support to maintain behaviour change by overcoming barriers and maintaining confidence levels were also highlighted.

EIM GLOBAL

In May 2016, the seventh annual EIM World Congress was held in Boston, Massachusetts USA. Thirty-eight national centre leaders from twenty-five countries met to discuss the governing pillars of EIM as well as the successes and features of EIM implementation in different countries throughout the world. The EIM Australia Director, Professor Jeff Coombes and ESSA CEO, Anita Hobson-Powell represented EIM Australia to showcase national projects and learn how to improve the initiative into the future.

INDUSTRY DEVELOPMENT

The Industry Development (ID) team worked proactively in 2016 through stakeholder engagement, policy submissions and member resource development to support increased workforce opportunities, policy recognition and public awareness for the exercise and sports science industry.

A rigorous stakeholder engagement campaign in 2016 saw the ID team representing ESSA members' interests at numerous high level stakeholder meetings and consultations, including:

- Contacting relevant Ministers and Senators from the Coalition, Labor, other major political parties. Meetings were held with Craig Bosworth (Chief Advisor to the Health Ministry), Dr David Gillespie MP (Assistant Minister for Rural Health), The Hon Ken Wyatt AM MP (Assistant Minister for Health and Aged Care), and Shayne Neumann MP (previously Opposition Minister for Aged Care).
- Presenting to the National Allied Health Officer meeting, attended by all Principal Chief Allied Health Officers from each Australian state and territory.
- Contacting all 31 Primary Health Networks (PHNs) through ongoing meetings and correspondence.
- Regular attendance and contributions to key committees and working groups such as, WorkCover and Motor Accident Authorities in various states, Department of Veterans' Affairs, Private Healthcare Australia, National Rural Health Alliance, Allied Health Professions Australia (including eHealth and NDIS sub working committees), National Aged Care Alliance, Mental Health Council Australia and Services for Australian Rural and Remote Allied Health.

Fifty policy submissions were completed by the ID team, advocating policy change at Federal and State and local government levels, and providing comment to key stakeholders within the Australian healthcare system, including:

- National Strategic Framework for Chronic Disease
- Department of Veterans' Affairs
- Feedback to Medical Services Advisory Committee on an MBS Item Number for Shared Medical Appointments

- Several pre-budget and pre-election submissions (including expansion of MBS Type 2 Diabetes items to include patients with pre-diabetes, and budget support for a National Physical Activity Action Plan).

Several opportunities were secured to increase public awareness of the exercise and sports science workforce, including ESSA:

- Providing further input into the Qld Government's Healthier Happier initiative, involving the provision of physical activity advice and programs to the general public (visit www.health.qld.gov.au/move)
- Representing industry at trade exhibitions targeting health professionals and consumers at FILEX, Better Homes and Gardens Expo and the Leading Age Services Australia (LASA) Congress.
- Engaging with other organisations to share information on our profession and exercise interventions e.g. Dietitians Association of Australia, Lung Foundation, Beyond Blue, Sports Dietitians Australia, Mental Health Australia, and the Healthy Bones Action Week.

ESSA commissioned a second report from Deloitte Access Economics, titled, 'The value of accredited exercise physiologists to consumers in Australia'. This report investigated the quantifiable benefits of accredited exercise physiologists (AEPs) in Australia, including reduced health system costs, reduced productivity losses and well-being gains from lifestyle interventions delivered by AEPs for people living with type 2 diabetes, depression, chronic heart failure and other chronic diseases. The final report, released in December 2016, forms a valuable resource for both ESSA and member advocacy to promote the capabilities of the tertiary trained exercise physiologist workforce within the Australian health market.

EXERCISE SCIENCE ADVISORY GROUP (ESAG)

2016 saw the Exercise Science Advisory Group (ESAG) continue their work in developing a Scope of Practice for the profession. This project entailed wide consultation with members and key stakeholders, and resulted in the release of the Accredited Exercise Scientist Scope of Practice (SoP) in late 2016.

In addition to managing the development of the accredited exercise scientist SoP, the committee also provided feedback:

- on the titling of professional groups within ESSA
- on behalf of exercise science members' comments about the NUCAP pathway; and
- responded to the professional development review within ESSA.

2017 will see ESAG ramp-up efforts to develop the business and career opportunities for Accredited Exercise Scientists.

EXERCISE PHYSIOLOGY ADVISORY GROUP (EPAG)

In 2016, the Exercise Physiology Advisory Group (EPAG) provided advice to ESSA on a broad range of professional practice policies and broader content reviews, including ESSA's:

- Accredited Exercise Physiologist (AEP) Scope of Practice
- Accredited Exercise Scientist (AES) Scope of Practice
- AEP professional titling
- AES accreditation pathway
- Continuing Professional Development policy
- AEPs and Allied Health Assistants policy statement
- 2016 Exercise Right content

EPAG further supported ESSA by attending the Leading Age Services Australia (LASA) National Congress. In 2017, EPAG will continue to work with ESSA to help develop initiatives that increase the awareness and profile of accredited exercise physiologists within the healthcare sector and broader communities.

STANDARDS

As a founding member, ESSA continued its involvement in 2016 with establishing the National Alliance of Self Regulating Health Professions (NASRHP) as the best practice framework for self-regulating health professional associations. This framework provides assurance as to the safety and quality of self-regulating health services, and will strengthen ESSA's position and recognition within the Australian health care system.

In 2015, the ESSA Board decided to adopt the NASRHP framework for AEPs, and in 2016, further decided to extend the framework across all professions accredited by ESSA. The Standards Unit is now working towards seeking formal recognition of ESSA under NASRHP.

Following Board approval of the revised AEP Professional Standards in 2015, the Standards Unit has worked to establish ESSA's position nationally and internationally. This entailed supporting the positioning of the revised AEP

Professional Standards in the ESSA course accreditation framework, and benchmarking the accreditation requirements of international exercise and sports science professional bodies against these revised standards.

The Standards Unit continues to support members individually and collectively with advice on legislation requirements and the regulatory requirements of professional practice, along with providing input into the development of resources to support professional practice.

PROFESSIONAL STANDARDS ADVISORY COUNCIL

The Professional Standards Advisory Council (PSAC) is an independent council established to advise the Board on matters related to industry and professional practice. In 2016, PSAC reviewed its Terms of Reference and provided independent advice to the Board on areas including scopes of practice, a professional standards framework and industry direction.

ESSA RESEARCH COMMITTEE

The ESSA Research Committee, formerly known as the ESSA Position Statement Committee, was established in 2009, following the need for a committee to assist in the identifying, commissioning and reviewing of ESSA position statements. This committee comprises of high-level academics who are highly regarded researchers in their field.

Over 2016, the ESSA Research Committee continued to develop authorship groups to write and publish ESSA endorsed position stands in the Journal of Science and Medicine in Sport (JSAMS). In 2016, the position statement on 'Exercise prescription for the prevention and management of osteoporosis' was published in JSAMS and a position stand on exercise and obesity will also go to JSAMS for review in 2017.

Several new position stands are planned for 2017 and beyond, with some of the titles including 'High intensity interval training' and 'Exercise training for polycystic ovarian syndrome'. Several published position stands are to be considered for review too, including 'Exercise for cancer'.

The research committee members, with support from other experts, also reviewed grants for the Tom Penrose Community Service Grant, Clinical Exercise Physiology Research Grant and Applied Sports Science Research Grant offered by ESSA. The committee members also offered their support in assessing the ESSA Medal. The committee congratulates the 2016 winners of these grants and medal.

At the end of 2016, two long-standing members of the committee, Andrew Williams (inaugural Chair) and Anthony Leicht, stood down from their positions and our thanks and appreciation go to them for their dedication and service over the years. Our appreciation also goes to the current committee and Chair – Neil Smart, for their ongoing commitment and efforts.



COURSE ACCREDITATION

There were some interim changes to course accreditation governance in early 2016, with the dissolution of the Accreditation Advisory Council in April, and the implementation of the National University Course Accreditation Program (NUCAP) Council in May. In addition to oversight of course accreditation applications, the primary objective of the NUCAP Council was to finalise the development of the new course accreditation requirements and the new course accreditation process for implementation from 2017. Consultation with stakeholders continued in 2016 in order to conclude these two projects. ESSA extends gratitude to all stakeholders who provided feedback throughout the consultation process.

The finalising of the course accreditation requirements saw the release of these new requirements (within the Course Accreditation Guide) in late October of 2016. These requirements incorporate the previously approved new Accredited Exercise Science Professional Standards and the Exercise Physiologist Standards developed by the Exercise Science Advisory Committee and the Exercise Physiology Accreditation Review committee respectively.

The review of the course accreditation process was also finalised and released (within the Course Accreditation Guide) in late October. The new process introduces the category of qualifying accreditation; an important feature for newly developed courses. A category of provisional accreditation has also been introduced. Overall, the new process is more streamlined and expected to improve efficiency in progressing course accreditation applications.

ESSA extends thanks to the following academics and practitioners for their valued and significant contribution to these two projects:

- Members of the NUCAP Council: Dr Michael Baker; Dr Robert Crowther; Ms Rachel Holmes; Mr David Nunn; Associate Professor Annette Raynor; and Professor Ross Sanders.
- Members of the former Accreditation Council: Dr Herbert

Groeller; Dr Robert Crowther; Ms Rachel Holmes; Mr David Nunn; Associate Professor Leonie Otago; Associate Professor Annette Raynor; and Associate Professor Margaret Torode.

Course accreditation/re-accreditation applications were received for 11 courses across six universities in 2016.

A significant number of course accreditation applications were finalised with a total of 29 courses across nine universities being awarded accreditation/re-accreditation during the year.

ESSA extends thanks to the following academics and practitioners for their participation in reviewing course accreditation applications during 2016:

Dr Amanda Benson; Mr Marc Brown; Ms Sharrie Carter; Ms Wynter Chan; Dr Rosanne Coutts; Professor Andrew Cresswell; Dr Robert Crowther; Associate Professor Anthony Leicht; Mr David Nunn; Associate Professor Leonie Otago; Associate Professor Kate Pumpa; Associate Professor Annette Raynor; Associate Professor Margaret Torode; and Dr Andrew Williams.



MARKETING

2016 was a year of consolidation and relationship building for the ESSA Marketing and Communications team. The aim of 2016 was to develop the Exercise Right brand and increase the awareness of the activities of our accredited members, as well as develop additional campaigns to focus on the unique work of our members.

SUPPORTING ESSA MEMBERS

A key focus for the ESSA Marketing team was to support more ESSA members at a grass roots level; this came in the form of providing marketing collateral for events targeting the general public and health professionals, and developing more marketing resources located on the ESSA website.

ESSA AND THE MEDIA

In terms of media, ESSA coordinated over 80 interviews with a variety of mainstream and targeted media in an effort to raise the profile of our accredited members. The interest from the media to seek the advice of an accredited exercise physiologist was noticeable in 2016. Over 40 media releases were coordinated by the Marketing Team in 2016, which will have assisted the rise in media attention.

EXERCISE RIGHT 2016

In 2016, Exercise Right took some enormous strides forward as a record number of ESSA members supported the campaign and new marketing techniques were used. A focus was placed on developing the content of the Exercise Right website to help drive more traffic to exercise specific blogs, and in turn, the 'Find an Accredited Member' search function.

This change of focus and development of closer relationships with partner associations, consumer blogs and general media led to 192,817 users visiting the website in 2016. This increase also led to over 26,573 visitors using the 'Find an Accredited Member' search function; this was an increase from 18,331 in 2015.



EXERCISE RIGHT WEEK 2016 HIGHLIGHTS

16,836,964



impressions over web and social platforms using the digital content marketing tool, 'Outbrain'.

508,107



targeted people reached through Facebook advertising.

15,838



Exercise Right video views.

4551



sessions recorded on the "Find an Accredited Member" function during Exercise Right Week.



FINANCIAL STATEMENTS

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

**Special Purpose Financial Report
for the year ended 31 December
2016**

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

FINANCIAL REPORT
FOR THE YEAR ENDED 31 DECEMBER 2016

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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 2016.

Directors

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

Mr Nathan Reeves
Dr Kade Davison
Professor Steve Selig
Mr Sebastian Buccheri
Dr Simon Rosenbaum
Ms Kirsty Rawlings (appointed 14/04/2016)
Professor Aaron Coutts
Mrs Philippa Ellis (appointed 11/03/2016)
Mrs Carolyn Pillans (appointed 15/08/2016)
Ms Larina Tcherkezian (resigned 15/06/2016)

Principal Activities

2016 saw ESSA extend the 2013-2015 strategic plan for another year, while focusing on developing a new plan for 2017-2020. The strategic plan provided a clear direction to the Board and management of the organisation to bolster the work we have been focusing on the last three years.

The company's short and long term objectives continued to be:

- Grow the organisation
- 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.

The 2016 strategic plan was designed to:

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

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

DIRECTORS' REPORT (continued)

During 2016, ESSA focused on the following key activities:

- Rolling out the separation of membership and accreditation
- Rolling out ESSA's new accreditation for exercise scientists, sports scientist and high performance managers
- Providing the 2016 Research to Practice Conference to the members
- Expanding on the professional development offerings, particularly via online modes
- Provide submissions to relevant stakeholders including: Medical Service Advisory Committee, Medicare Review, QLD health workforce, WA Workcover
- Ongoing liaison and advocating with health funds, regulatory agencies (e.g. Medicare, Department of Veterans' Affairs, WorkCover), disease organisations and coalitions
- Over 120 media mentions
- Commissioning a second Deloitte Access Economics report to investigate the economic contribution of accredited exercise physiologists to Consumers in Australia
- Lobbying using ESSA's Strategic Policies
- Lobbying for the recognition of the National Alliance of Self-Regulating Health Professions (NASRHP)
- Promoting the new scope of practice for accredited exercise scientist
- Ongoing media exposure, through media releases and blogs
- Expanding the promotion of Exercise Right Week and the importance of the right practitioner at the right time
- Involvement with the Exercise is Medicine Australia project initiatives to investigate medical curriculum and supporting medical practices

The organisation 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 organisation 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.

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

DIRECTORS' REPORT (continued)

	2016		2015	
	Actual	Benchmark	Actual	Benchmark
<i>Membership</i>				
Total membership	7,265	7,249	6,807	6,168
Full membership	4,552	4,194	4,171	4,451
Accredited Exercise Physiologist	4,165	3,944	3,637	3,740
Accredited Sports Scientists	54	72	37	32
<i>Operational and financial</i>				
Proportion of funding provided by:				
- membership	\$1,123,164	\$1,127,000	\$1,043,952	\$1,101,439
- accreditation	\$1,328,762	\$1,426,135	\$1,087,665	\$1,095,846
- professional development	\$363,951	\$181,100	\$373,305	\$241,896
- conference	\$785,074	\$845,659		
- NUCAP	\$106,787	\$94,749	\$185,082	\$263,712
Proportion of funding spent on:				
- operational	\$3,141,208	\$3,173,074	\$2,845,648	\$3,035,533
- conference	\$668,386	\$844,620		
- NUCAP	\$155,717	\$167,323	\$190,733	\$209,166

Information on Directors

Mr Nathan Reeves	B Sc (Phys) M Ex Rehab, GAICD, AEP	Lecturer – Griffith University Director – Reeves Consulting Project Manager – ClinEdAus	President (Jan - Dec 2016) Chair of Governance and Nomination Committee (Jan - Dec 2016) Member of the Audit, Finance and Risk Committee (Jan - Dec 2016)
Dr Kade Davison	Dip. Bldg Tech (Contract Admin/Quant Survey), B AppSci (HMS), B Hlth Sci (Hons)	Lecturer – University of South Australia	Vice President (Jan - Dec 2016) Member of Governance and Nomination Committee (Jan-

EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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	PhD, AEP, GAICD		Dec 2016) Member of the Accreditation Review Committee (Oct – Dec 2016)
Professor Steve Selig	BSc (Hons), DIP (PE), PhD, AEP	Professor, Clinical Exercise Science, Deakin University - retired	Director (Jan – Dec 2016) Member of the Accreditation Review Committee (Oct – Dec 2016)
Mr Sebastian Buccheri	BAppSc HMS Grad Dip (Ex Rehab) AEP	Manager - Outpatient Services Victorian Rehabilitation Centre – Healthscope Ltd Owner – Symmetry Movement Medicine Partner – Enhanced Growth	Director (Jan - Dec 2016) Member of the Audit, Finance and Risk Committee (Jan - Dec 2016) Chair of the Audit, Finance and Risk Committee (July – Dec 2016)
Dr Simon Rosenbaum	BSc (Health & Ex Sc), hons, PhD, AEP	Lecturer, University of New South Wales	Director (Jan – Dec 2016) Member of the Accreditation Review Committee (Oct – Dec 2016)
Ms Kirsty Rawlings	BAppSc(ExSpSc), Hons HMS, B Ed Studies, AEP GAICD	Head of Programs and Innovation – COTA SA	Director (Mar – Dec 2016) Chair of the Accreditation Review Committee (Oct – Dec 2016)
Prof Aaron Coutts	BAppSc(HMS), PhD, ASp	Professor – University of Technology Sydney Sports Science Consultant - Carlton Football Club	Director (Jan – Dec 2016)

EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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Mrs Philippa Ellis	B.Sc.; B.Comm; GAICD; AGIA.	Non-executive Director Hamlin Fistula Ethiopia (Australia); Senior Adviser Corporate Governance & Secretarial FIRST Advisers	Director (Mar – Dec 2016) Member of Governance and Nomination Committee (Mar - Dec 2016)
Mrs Carolyn Pillans	B.Comm (Accounting & Corporate Governance) Grad.Dip Applied Corporate Governance Company Directors Course FGIA, FCIS, GAICD	Principal Consultant, CTP Consulting Non-Executive Director, Treasurer, Audit & Risk Committee Member - Lifeline Tasmania Independent Audit Panel Member - Tasman Council Board Secretary – Forestry Tasmania (Jan – June 2017)	Director (Aug – Dec 2016) Member of the Audit, Finance and Risk Committee (Aug - Dec 2016) Chair of the Audit, Finance and Risk Committee (Feb 2017 onwards)

Meetings of Directors

During the financial year, 7 meetings of directors were held. Attendances by each director were as follows:


	Directors' Meetings	
	Number eligible to attend	Number attended
Mr Nathan Reeves	7	7
Dr Kade Davison	7	6
Professor Steve Selig	7	7
Mr Sebastian Buccheri	7	6
Dr Simon Rosenbaum	7	5
Ms Kirsty Rawlings	6	5
Professor Aaron Coutts	7	7
Mrs Philippa Ellis	5	5
Mrs Carolyn Pillans	2	2

EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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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 2016, the total amount that members of the company are liable to contribute if the company is wound up is \$72,650 (2015: \$68,070).

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



.....

Director
Brisbane, 19 April 2017

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 2016

	Notes	2016 \$	2015 \$
Revenue	2	4,083,187	3,032,338
Employment benefits and on costs		(1,755,920)	(1,644,073)
Depreciation and amortisation expense		(51,517)	(46,474)
NUCAP expenses	4	(155,717)	(190,733)
Administration expenses	3	(2,002,157)	(1,155,101)
Profit/(loss) before income tax		<u>117,876</u>	<u>(4,043)</u>
Income tax expense	1(k)	-	-
Profit/(loss) for the year		<u>117,876</u>	<u>(4,043)</u>
Other comprehensive income		-	-
Other comprehensive income for the year, net of tax		<u>-</u>	<u>-</u>
Total comprehensive income/(loss) for the year		<u>117,876</u>	<u>(4,043)</u>
Profit/(loss) attributable to members of the entity		<u>117,876</u>	<u>(4,043)</u>
Total comprehensive income/(loss) attributable to members of the entity		<u>117,876</u>	<u>(4,043)</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 2016

	Notes	2016 \$	2015 \$
CURRENT ASSETS			
Cash	5	2,116,032	1,973,461
Trade and other receivables	6	270,272	115,091
Inventories	7	5,318	8,550
Total Current Assets		2,391,622	2,097,101
NON-CURRENT ASSETS			
Plant and equipment	8	47,688	74,318
Intangible assets	9	1,650	1,650
Trade and other receivables	10	74,250	29,545
Total Non-Current Assets		123,588	105,514
TOTAL ASSETS		2,515,210	2,202,615
CURRENT LIABILITIES			
Trade and other payables	11	369,971	274,373
Provisions	12	140,072	96,585
Deferred revenue	13	666,752	585,189
Total Current Liabilities		1,176,795	956,147
NON-CURRENT LIABILITIES			
Provisions	14	23,919	49,848
Total Non-Current Liabilities		23,919	49,848
TOTAL LIABILITIES		1,200,714	1,005,995
NET ASSETS		1,314,496	1,196,620
EQUITY			
Retained earnings	15	1,314,496	1,196,620
TOTAL EQUITY		1,314,496	1,196,620

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 2016

	Notes	2016 \$	2015 \$
Total equity at the beginning of the year		1,196,620	1,200,663
Total comprehensive income/(loss) attributable to the entity		117,876	(4,043)
Total equity at the end of the year	15	<u>1,314,496</u>	<u>1,196,620</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 2016

	Notes	2016 \$ Inflows/ (Outflows)	2015 \$ Inflows/ (Outflows)
CASH FLOWS FROM OPERATING ACTIVITIES			
Receipts from customers (inclusive of GST)		4,417,743	3,393,487
Payments to suppliers and employees (inclusive of GST)		(4,313,938)	(3,230,589)
		<u>103,805</u>	<u>162,898</u>
Interest received		63,654	55,224
Net cash (used in)/generated from operating activities	18(a)	<u>167,459</u>	<u>218,122</u>
CASH FLOWS FROM INVESTING ACTIVITIES			
Payments for plant and equipment		(24,888)	(13,373)
Payments for trademarks		-	(720)
Net cash (used in)/generated from investing activities		<u>(24,888)</u>	<u>(14,093)</u>
Net increase in cash held		142,571	204,029
Cash at the beginning of the financial year		1,973,461	1,769,432
Cash at the end of the financial year	18(b)	<u><u>2,116,032</u></u>	<u><u>1,973,461</u></u>

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 2016

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 *Australian Charities and Not-for-profits Commission Act 2012*. 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 *Australian Charities and Not-for-profits Commission Act 2012* 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 19 April 2017 by the directors of the company.

Accounting policies

(a) Revenue

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

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

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

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

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

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

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2016

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 2016

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.

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

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2016

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 2016

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 2016

1. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

(p) Comparative amounts

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

	2016	2015
	\$	\$
2. REVENUE		
Accreditation fees	1,328,762	1,087,665
Membership dues	1,123,164	1,043,952
Professional education courses	363,951	292,758
Advertising income	54,707	47,625
Interest income	63,654	49,533
Insurance income	71,686	65,854
Conference income	785,074	-
Business Forum	-	80,547
NUCAP income	106,787	185,082
Sponsorship income	24,500	61,364
Other income	160,902	117,958
	4,083,187	3,032,338
	4,083,187	3,032,338
3. ADMINISTRATION EXPENSES		
Conference expenses	668,386	-
Business forum	-	72,508
Professional fees	178,208	198,244
Board remuneration	39,750	-
Professional education expenses	92,284	32,465
Travel and accommodation	123,968	121,947
IT expenses	27,617	52,109
Rent	191,317	80,747
Advertising and promotion	106,054	106,138
Subscriptions	77,293	55,913
Venue hire	93,441	68,567
Presenter fee	59,490	40,715
Printing and postage	40,889	31,139
Membership packs	26,235	42,663
Equipment rental	16,585	17,682
Grants and awards	50,990	57,074
Other	209,650	177,190
	2,002,157	1,155,101
	2,002,157	1,155,101

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

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2016

		2016	2015
		\$	\$
4.	NUCAP EXPENSES		
	Salary expenses	99,104	99,176
	Other expenses	56,613	91,557
		155,717	190,733
		155,717	190,733
5.	CURRENT ASSETS - Cash		
	Cash at bank	2,096,000	1,953,527
	Cash on hand	782	684
	Lease deposit	19,250	19,250
		2,116,032	1,973,461
		2,116,032	1,973,461
6.	CURRENT ASSETS – Trade and other receivables		
	Trade receivables	149,028	16,453
	Other receivables	45,981	-
	Prepayments	75,263	98,638
		270,272	115,091
		270,272	115,091
7.	CURRENT ASSETS – Inventories		
	Finished goods	5,318	8,550
		5,318	8,550
		5,318	8,550
8.	NON-CURRENT ASSETS - Plant and equipment		
	Office equipment – at cost	177,836	152,949
	Accumulated depreciation	(130,148)	(112,081)
		47,688	40,868
	IT System	132,397	132,397
	Accumulated depreciation	(132,397)	(98,947)
		-	33,450
	Total plant and equipment	47,688	74,318
		47,688	74,318
9.	NON-CURRENT ASSETS – Intangible assets		
	Trademark	1,650	1,650
		1,650	1,650
		1,650	1,650
10.	NON-CURRENT ASSETS – Trade and other receivables		
	Lease deposit	74,250	29,545
		74,250	29,545
		74,250	29,545

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

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2016

		2016	2015
		\$	\$
11.	CURRENT LIABILITIES – Trade and other payables		
	Trade creditors	60,210	9,758
	ATO liabilities	88,434	80,530
	Accrued liabilities	127,079	183,893
	Other payables	94,249	192
		<u>369,971</u>	<u>274,373</u>
12.	CURRENT LIABILITIES - Provisions		
	Provision for annual leave	140,072	96,585
		<u>140,072</u>	<u>96,585</u>
13.	CURRENT LIABILITIES – Deferred Revenue		
	Membership, accreditation and other fees in advance	666,752	585,189
		<u>666,752</u>	<u>585,189</u>
14.	NON-CURRENT LIABILITIES - Provisions		
	Provision for long service leave	23,919	49,848
		<u>23,919</u>	<u>49,848</u>
15.	RETAINED PROFITS		
	Retained profits at the beginning of the financial year	1,196,620	1,200,663
	Net profit/(loss)	117,876	(4,043)
	Retained profits at the end of the financial year	<u>1,314,496</u>	<u>1,196,620</u>
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 2016 the number of members was 7,265 (2015: 6,807).

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

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2016

	2016	2015
	\$	\$
17. REMUNERATION OF AUDITORS		
Amounts received, or due and receivable by the auditors of the company for auditing the accounts of the company	8,950	8,500
Other services	1,000	1,000
	9,950	9,500
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)	117,876	(4,043)
Depreciation	51,518	46,474
Change in operating assets and liabilities:		
(Increase)/decrease in trade and other debtors	(132,575)	86,612
(Increase)/decrease in prepayments	23,375	(30,363)
(Increase)/decrease in non-current receivables	(90,685)	-
(Increase)/decrease in inventory	3,232	(4,360)
Increase/(decrease) in trade creditors	95,598	69,491
Increase/(decrease) in revenue received in advance	81,563	13,246
Increase/(decrease) in other provisions	17,557	41,065
Net cash inflow from operating activities	167,459	218,122
(b) Reconciliation of cash		
Cash at bank and on hand	2,116,032	1,973,461
Cash per Statement of Cash Flows	2,116,032	1,973,461
19. COMMITMENTS FOR EXPENDITURE		
Commitments in relation to operating leases are payable as follows:		
Not later than 1 year	194,005	33,687
Later than 1 year but not later than 5 years	656,231	7,156
Later than 5 years	-	-
	850,236	40,843

EXERCISE AND SPORTS SCIENCE AUSTRALIA LIMITED
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NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 December 2016

20. COMPANY DETAILS

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

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

21. CAPITAL MANAGEMENT

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

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

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

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

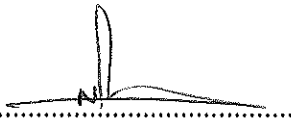
DIRECTORS' DECLARATION

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

The directors of the company declare that:

1. The financial statements and notes, as set out on pages 8 to 21, are in accordance with the *Australian Charities and Not-for-profits Commission Act 2012* and:
 - i. comply with the Australian Accounting Standards (including Australian Accounting Interpretations) and the *Australian Charities and Not-for-profits Commission Regulation 2013*; and
 - ii. give a true and fair view of the financial position of the company as at 31 December 2016 and of its performance for the year ended on that date in accordance with the accounting policies described in Note 1 of the financial statements.
2. In the directors' opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

Signed in accordance with a resolution of the Directors.



Director

Brisbane, 19 April 2017

**INDEPENDENT AUDIT REPORT
TO THE MEMBERS OF EXERCISE AND SPORTS SCIENCE AUSTRALIA**

We have audited the financial report of Exercise And Sports Science Australia Limited, which comprises the statement of financial position as at 31 December 2016, the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the directors' declaration.

Audit Opinion

In our opinion, the financial report of Exercise And Sports Science Australia Limited has been prepared in accordance with Division 60 of the *Australian Charities and Not-for-Profits Commission Act 2012*, including:

- (a) Presenting fairly a view of the company's financial position as at 31 December 2016 and its financial performance for the year then ended; and
- (b) complying with Australian Accounting Standards to the extent described in Note 1, and Division 60 the *Australian Charities and Not-for-profits Commission Regulation 2013*.

Basis for opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the company in accordance with the *Australian Charities and Not-for-profits Commission Act 2012* (ACNC Act) and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 *Code of Ethics for Professional Accountants* (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code.

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

Emphasis of Matter - Basis of Accounting

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 company's financial reporting responsibilities under the ACNC Act. As a result, the financial report may not be suitable for another purpose. Our opinion is not modified in respect of this matter.

Responsibility of the Directors 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 ACNC Act and the needs of the members. The Director's responsibility also includes such internal control as the Directors determine is necessary to enable the preparation of a financial report that gives a true and fair view and is free from material misstatement, whether due to fraud or error.

In preparing the financial report, the Directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters relating to going concern and using the going concern basis of accounting unless the Directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

**INDEPENDENT AUDIT REPORT
TO THE MEMBERS OF EXERCISE AND SPORTS SCIENCE AUSTRALIA (CONTINUED)**

Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with the Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

As part of an audit in accordance with Australian Auditing Standards, we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit 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 company's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by Directors.
- Conclude on the appropriateness of Director's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the company's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the company to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

PKF Hacketts

PKF HACKETTS AUDIT

C Bradley

**Cameron Bradley
Partner**

Brisbane, 19 April 2017



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