

Exercise Physiologist

Our vision: *People and communities have strong mental health and wellbeing.*

Our purpose: *Partnering with clients and carers to deliver mental health and wellbeing services that enhance quality of life.*

Our values: *Hope, Creativity and innovation, Client focus, Making a difference, Integrity.*

Position Information

<p>Purpose</p>	<p>The Exercise Physiologist supports individuals experiencing mental health challenges by designing and delivering tailored exercise programs to improve their physical and mental wellbeing. This is done in alignment with Mind’s Model of Recovery Oriented Practice, My Better Life model, and organisational values.</p> <p>The Exercise Physiologist integrates principles of recovery-oriented care and trauma-informed practice, aiming to empower service users to achieve their health and wellbeing goals. Through collaboration with service users, families, carers, and multidisciplinary teams, the role contributes to building resilience, promoting self-care, and enhancing community participation.</p>
<p>Position reports to</p>	<p>Service Operations Manager</p>
<p>Mind classification level</p>	<p>SCHADS Level 6</p>
<p>Stream</p>	<p>Melton Locals</p>
<p>About the service</p>	<p>The Adult and Older Adult Mental Health and Wellbeing services, otherwise known as “Locals”, are a key recommendation from Victoria’s Royal Commission into the mental health service system. As such, the Locals are a key feature of the current system transformation.</p> <p>The Locals will act as a front door to the mental health service system utilising a no wrong door approach. The Locals will provide a continuum of care and support including clinical interventions, wellbeing supports, and therapeutic support through an integrated mental health and alcohol and other drug framework approach.</p> <p>Mind Australia is the lead agency in a consortium which comprises of IPC Health, Western Health and Thorne Harbour Health, who will deliver the</p>



	Melton Local. Our shared vision is a Melton Local that delivers integrated care and support that puts the person accessing the service at the very centre of their treatment, support and care coordination using a range of evidence informed approaches. The consortium is committed to embedding lived and living experience within all aspects of the service including program design and evaluation, leadership, service delivery and governance.
Position description effective date	June 2025
Responsibilities	
Responsibilities Exercise Prescription and Delivery	<ul style="list-style-type: none"> • Design and implement evidence-based exercise programs tailored to the needs and abilities of service users. • Develop and facilitate individual and group-based physical activities that promote physical and mental health recovery. • Monitor and evaluate exercise interventions to ensure service users achieve their health and recovery goals. • Ensure delivery of service in line with performance targets providing reports against these • Maintain documentation in line with organisational and professional standards • Contribute to service user wellbeing plans by participating in Multidisciplinary Team meetings and secondary consultations • Providing health coaching in raising awareness re physical health and the benefits of different exercise interventions on mental wellbeing • Encourage exercise participation to support short term and long term physical and mental health benefits
Service Delivery	<ul style="list-style-type: none"> • Provide person-centered care, recognising the unique needs of each individual. • Collaborate with multidisciplinary teams to ensure an integrated and holistic approach to recovery. • Empower people to develop self-management skills related to physical health and wellbeing. • Support service users to build confidence and skills to engage in community-based physical activities. • Provide opportunities for education around physical health including exercise and nutrition, to service users, community and the multidisciplinary team



	<ul style="list-style-type: none"> • Facilitate programs both on-site at the service as well as in community settings as required including neighbourhood houses, open green spaces and Council facilities. • Other duties as required
Community Engagement and Collaboration	<ul style="list-style-type: none"> • Build partnerships with local gyms, sports clubs, and community organisations to enhance service user access to physical activity opportunities. • Develop relationships with stakeholders and community by attending network meetings and community events • Advocate for physical health as a priority area for overall wellbeing • Foster relationships with families, carers, and other stakeholders to support a collaborative recovery process.
Professional development	<ul style="list-style-type: none"> • Participate in line-management meetings and reflective practice sessions. • Stay up to date with developments in exercise science and its applications in mental health. • Undertake training in trauma-informed and recovery-oriented practices as required. • Undertake relevant training and professional development, including regular supervision, appropriate to the primary work of the service and Mind. • Participate in reflective practice. • Complete other duties as directed.
Accountability	<ul style="list-style-type: none"> • Contribute to program evaluation and quality improvement initiatives. • Maintain accurate and timely documentation of service delivery. • Conduct yourself in accordance with the Mind Code of Conduct and Mind policies and procedures which may change from time to time. • Proactively support Mind's vision of supporting people facing mental health challenges to live well and be socially included, in accordance with the Mind values.
Workplace health, safety and wellbeing	<ul style="list-style-type: none"> • Promote a safe and inclusive environment for all service users and staff. • Ensure compliance with health and safety regulations.



Lived experience	<ul style="list-style-type: none">• Contribute to a workplace that values lived and living experience and the inclusion of consumers, carers and families in the work we do.
Cultural safety	<ul style="list-style-type: none">• Contribute to a culturally safe workforce and service environment for staff, consumers, carers and volunteers from all cultures, genders, sexualities, bodies, abilities, spiritualities, ages and backgrounds.• Deliver culturally responsive services that respect diversity and promote inclusion.



Position Requirements	
Qualifications required	<ul style="list-style-type: none"> • Tertiary qualifications in Exercise Physiology or a related field. • Accreditation with Exercise and Sports Science Australia (ESSA) or equivalent.
Knowledge, skills and experience required	<ul style="list-style-type: none"> • Demonstrated understanding of the role of exercise in mental health recovery. • Experience in designing and delivering evidence-based exercise interventions. • Strong interpersonal skills and ability to build rapport • Knowledge of recovery-oriented and trauma-informed practices. • Ability to work collaboratively in a multidisciplinary team. • Purposefully engage with service users using techniques including Motivational Interviewing and strength-based approaches • Candidates with knowledge and resources in regard to general wellbeing and nutrition are highly regarded • A lived experience of mental ill health and recovery or experience caring for a person with mental ill health is desirable.
Other	<ul style="list-style-type: none"> • Right to work in Australia. • Current valid Australian driver's licence. • Current NDIS Worker Screening Check Clearance. • Working with Children Check or equivalent. • Willingness to work flexible hours, including evenings and weekends if required. • Able to obtain and provide evidence of vaccinations against COVID-19.

To learn more about Mind visit mindaustralia.org.au



You can also watch our Great Minds series of videos by visiting www.youtube.com/mindaustralia

Mind Australia Limited ABN 22 005 063 589

