

Accredited exercise physiologists are university-qualified allied health professionals who prescribe, deliver, and adapt movement, physical activity, and exercise-based interventions to facilitate and optimise health status, function, recovery, and independence. This helps people participate in activities at home, school, work, and in the community.



Workforce characteristics for NSW Health exercise physiology workforce in 2040

**151**

Headcount

**27.8**

Work hours per week

**32.7**

Years average age

**3.4%**

Aboriginal workforce target



Demand is expected to grow **1.4%** (low demand scenario) to **1.5%** (high demand scenario).

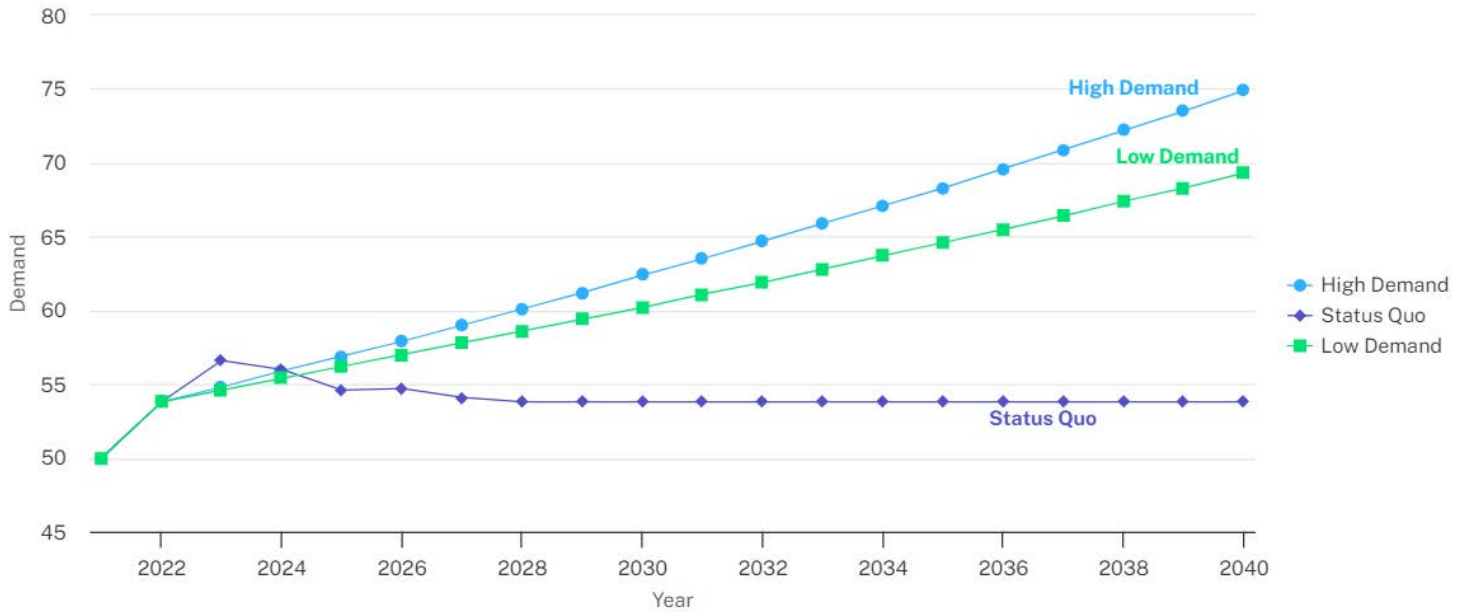
Workforce modelling indicates the need to grow the NSW exercise physiology workforce by around **1 to 3** new professionals per annum to meet community need in 2040 across both demand scenarios.

REASONABLE
CAREER
OPPORTUNITIES

Notes

- Data included is limited to the workforce employed under the relevant health professional award.
- Specialty health networks are not displayed geographically in the workforce distribution maps.
- LHD/SHN may engage in sessional arrangements in selected circumstances.
- Workforce that cannot be aligned to a physical location have been attributed to a pre-determined facility within each LHD/N. This may impact on Headcount shown at these facilities within the distribution map.
- NSW Health does not make any representations or warranties whether expressed or implied with respect to the accuracy and completeness of the information contained in the fact sheet.

Projected FTE growth for NSW Health exercise physiology workforce to 2040



Workforce characteristics for NSW Health exercise physiology workforce in 2021



76
Headcount



25.7
Work hours per week



32.4
Years average age



72.4%
Female



0%
Aged 60+



0%
Aboriginal

Metropolitan Sydney



53
Headcount



26
Work hours per week



31.1
Years average age



0%
Aged 60+

Non-Metropolitan Sydney



21
Headcount



24.1
Work hours per week



35
Years average age



0%
Aged 60+

Exercise physiology junior entrant positions into NSW Health



2017
20

2018
3

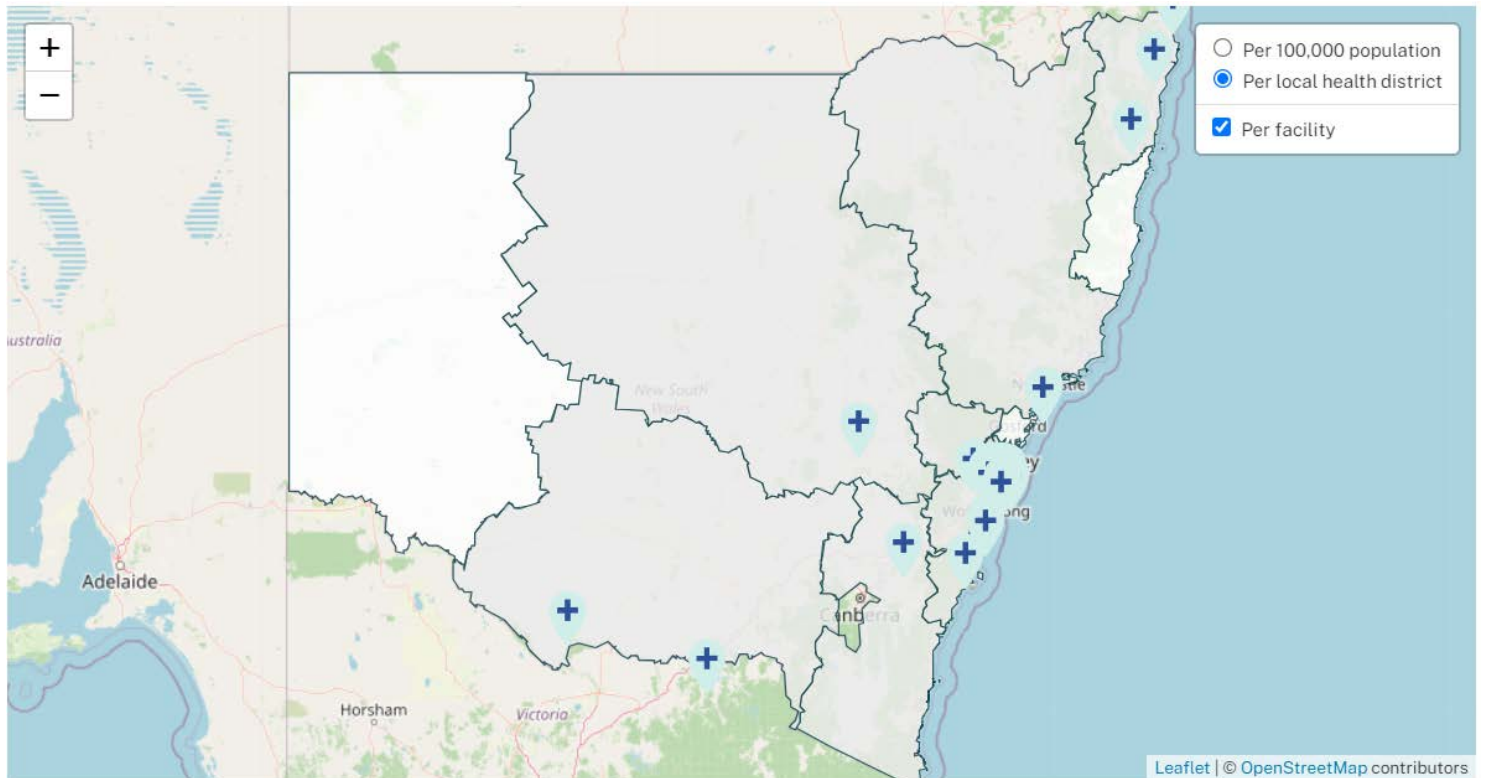
2019
47

2020
8

2021
12

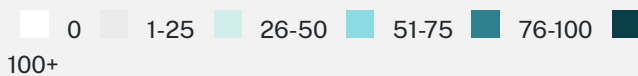
Workforce distribution for NSW Health exercise physiology workforce in 2021

The geographic distribution of the public workforce by local health district/network, by facility and per 100,000 population.



Legends

Per local health district



Per 100,000 population



Per facility



Other networks

- Sydney Children's Hospitals: 1 to 10 | 0 to 1 per 100,000
- Enable NSW: 1 to 10 | 1 per 100,000
- Justice Health and Forensic Mental Health: 1 to 10 | 5 to 10 per 100,000

Workforce considerations

- Population demographics and increasing incidence of complex and chronic disease may increase demand for exercise physiology services.
- Temporary funding initiatives (research grants and fundraising) or new funding that is focused on physical health will influence exercise physiology workforce movement gains (particularly in mental health and oncology).
- This workforce will prioritise sustainable training pipelines, new graduates, and student educators to ensure future workforce is resourced, based on the needs of the community. An increased focus is needed on workforce service development roles and educator positions that will grow and retain the workforce.
- Data available does not include unmet need and may not capture all specialty areas/clinics in which exercise physiologists work.
- Interdistrict partnerships, particularly in rural and remote settings, may reduce fractionalisation of roles and is an enabler to workforce availability.