

Position Description

Position Title:	Exercise Physiologist – GSSM Local Mental Health
Reporting to:	Towards Change Team Leader – Local Adult & Older Adult Mental Health and Wellbeing Service / Manager - HIP Rehabilitation Services
Directorate:	Community Care and Mental Health
Cost centre:	H0492
Code & classification:	Exercise Physiologist Grade 2 (EP67-EP70)
Employment conditions:	Allied Health Professionals (Victorian Public Health Sector) Single Interest Enterprise Agreement 2021-2026 and its successors and GV Health Policies and Procedures (and as varied from time to time)

GV Health is an equal opportunity employer and continually strives to build a diverse, equitable and inclusive workforce that reflects our community. We encourage applications from people of all backgrounds.

Statements included in this position description are intended to reflect in general the duties and responsibilities of the position. It is not intended to be an exhaustive list of responsibilities, duties and skills required. GV Health may alter the duties of this position description if and when the need arises. Any such changes will be made in consultation with the affected employee(s).

POSITION SUMMARY

The Greater Shepparton, Strathbogie Moira Mental Adult and Older Adult Health and Wellbeing Local (GSSM Local) aims to improve the capacity of adults and older adults to engage in their community and develop resilience to any situation of future psychological distress. In alignment with this vision, the Exercise Physiologist will contribute to comprehensive, holistic, person-centred, evidence informed care that enhances both physical and psychological outcomes for GSSM Local participants.

The Exercise Physiologist will function as a member of the multidisciplinary team that includes lived experience staff, mental health and wellbeing clinicians who provide a “new front door” service to adults seeking mental health and wellbeing support within the Goulburn Valley area.

As a clinical role, the Exercise Physiologist is responsible for the planning, implementation, coordination, and delivery of high-quality Exercise Physiology services to participants accessing the GSSM Local. This role involves participant assessment, goal setting, individualised care plan development, education and individual or group-based therapy based off participant needs and goals. The Exercise Physiologist will assist in development, implementation and monitoring exercise physiology services to new programs as they arise in line with organisational requirements.

The Exercise Physiologist is expected to demonstrate clinical reasoning, initiative, and professional leadership appropriate to their level of experience, contributing to service development, quality improvement, and student or junior staff supervision as required.

This position reports professionally to the Manager - HIP Rehabilitation Services and operationally to the Towards Change Team Leader, reflecting the joint GVH and GSSM Local partnership in providing mental health services to our community.

This position amongst others is responsible for promoting GV Health as a quality regional health service provider.

Greater Shepparton, Strathbogie & Moira Adult and Older Adult Local Mental Health and Wellbeing Service (GSSM Local)

The Mental Health and Wellbeing Locals are an important part of Victoria's mental health and wellbeing reform. The Victorian Government has committed to establishing 50 Mental Health and Wellbeing Locals. The Greater Shepparton, Strathbogie & Moira Mental Health and Wellbeing Local has been established since December 2023.

Mental Health and Wellbeing Locals are a free and easy to access service, with no referral required. Importantly, these new services are based on a no wrong door philosophy focused on 'how can we help you? We aim to give choice and control over how the participant wants to receive their support based on their individually identified needs.

The GSSM Local will ensure it is easier for the participant to access the support they need, closer to home and may choose to involve family, carers, and natural supports.

Most importantly, Mental Health and Wellbeing Locals are safe spaces for everyone.

For Greater Shepparton, Strathbogie and Moira LGAs, Wellways leads a strong consortium with APMHA Healthcare and GV Health. This partnership works strategically to ensure the Local Service offers an easy way to access care and support for people aged 26 years and over who are experiencing mental health concerns – including people with co-occurring alcohol & other drug support needs and physical health co-morbidities. Support is extended to participants their identified family, carers, and nominated natural supports.

Wellways: is a respected Australian mental health, wellbeing and carer service that comprises of teams of wellbeing workers, clinical consultants, support workers, peer workers and counsellors who are dedicated to ensuring all the people they serve have opportunities to fully participate in the community. Wellways have more than 40 years' experience working with individuals, families, carers and the community to identify their needs and goals and attain a great life in their community.

APMHA HealthCare: is a Not-For-Profit company. Their focus primarily revolves around primary mental health care within a Stepped Mental Health framework. They provide intake, triage, secondary consultation and clinical and psychological services for a variety of funders through nominated program streams by a diverse and experienced professional workforce across Australia.

Working Together - How We Will Deliver Services

The GSSM Local is community-led and integrated through partnership that shares governance, creating a responsive, flexible and helpful service for participants.

The GSSM Local will operate seven days a week in the future, with extended operating hours to support a flexible and responsive service. The Local Service model will provide integrated clinical support, care, and wellbeing support to participants and their family members, carers and identified natural support network. The provided services will be in response to the participants identified needs due to their mental health challenges, &/or co-occurring issue such as substance use or physical health co-morbidities. By providing a full bio-psycho-social approach, this approach will improve the capacity of individuals to engage in our community and respond to any future psychological distress.



Community

The Mental Health and Wellbeing Local Services will be community-led, and co-production will ensure a diverse range of perspectives are included in the design, delivery, and governance of the Local Services, ensuring it reflects, responds and is accountable to the local community it supports.

Connected

An integrated service system connected through governance (partnership, operational and clinical) systems and workforce ensures people can access the right support at the right time.

Commitment to Reconciliation

The GSSM Local acknowledges that Aboriginal and Torres Strait Islander people have not always been well-served by mental health and disability organisations, and that their social and emotional wellbeing has been impacted by generations of trauma, injustice and deprivation. As partner organisations we recognise our responsibility in addressing these issues of injustice, inequality and stigma as part of ensuring our services are both welcoming and helpful for people and their families. As part of our commitment to reconciliation we are working to create culturally aware and safe services for First Nations Community Members.

RESPONSIBILITIES AND DUTIES

The following duties are inclusive of but not limited to:

- Work independently within a multidisciplinary team and within available resources and timeframes.
- Provision of high standard clinical assessment, treatment, education, and management of participants requiring Exercise Physiology within GSSM Wellways.
- Develop, implement and coordinate individual and group-based exercise programs.
- Continuously monitor, evaluate and progress group programs to ensure current guidelines and best practice exercise protocols are implemented/maintained.
- Monitor and ensure KPIs are being met for relevant programs.
- Advocate for the role of the Exercise Physiologist by attending relevant department meetings and representing the perspective of Exercise Physiology more widely across GV Health.
- Participate in the clinical supervision process as supervisor of Grade 1 staff and as supervisee.
- Demonstrate appropriate skills and capabilities at a grade two level.
- Active participation in professional development as per registration requirements.
- Effective and efficient use of clinical time.
- Maintain accurate clinical data and documentation.
- Provide a high-quality service to internal customers and consumers that reflects best practice and adds value to GV Health.
- Assist GV Health in achieving clinical effectiveness by providing the appropriate systems, information or services to clinical areas.

KEY SELECTION CRITERIA

Formal Qualification(s) and Required Registration(s):

- National University Course Accreditation Program accredited Exercise & Sports Science bachelor's degree or greater
- Current registration with Exercise and Sport Science Australia as an accredited Exercise Physiologist

Essential:

- Minimum 2 years relevant clinical experience working as an Exercise Physiologist.
- Sound understanding of Exercise Physiology models of care across the care continuum within public health.
- Comprehensive knowledge and experience of person-centred care, health promotion, exercise prescription and the planning, implementation and evaluation of Exercise Physiology services for the management of participants with varied health conditions.
- Comprehensive experience developing and delivering individual/group exercise therapy and education programs.
- Understanding of the clinical supervision process and supervision of students on placement.
- Demonstrated ability to work effectively, independently and within an interdisciplinary team environment.
- Demonstrated clinical insight, reflective practice and problem-solving skills
- Experience participating or leading quality improvement activities.
- Current Australia drivers' licence.

Desirable:

- Experience working with people who experience mental ill health or who have mental illness

KEY PERFORMANCE INDICATORS

Your performance will be measured through your successful:

- Demonstration of GV Health values and behaviours, being a role model for living the values, Compassion, Respect, Excellence, Accountability, Teamwork and Ethical Behaviour;
- Development and maintaining of collaborative relationships with all other teams and professionals;
- Promoting and enabling of efficient teamwork and service provision both within the department and/or organisation and with other service providers;
- Ability to contribute to a safe working environment and ensure compliance with legislative requirements concerning Occupational Health and Safety, anti-discrimination, and equal opportunity;
- Registration is maintained and working within scope of practice;
- Deliverance of Exercise Physiologist services in line with established departmental guidelines and best practice;
- New programs requiring Exercise Physiologist services are established and operating effectively and reflective of organisational requirements;
- Ensure that Exercise Physiologists referrals are prioritised in line with departmental guidelines;
- Attendance and active participation at meetings as required with dissemination of accurate and relevant information to key stakeholders;
- Regular positive participation in a clinical supervision program as supervisor and supervisee;
- Submit required data in a timely manner;

- Monthly statistics are completed and any KPIs and performance requirements met;
- Adhere to the Exercise and Sports Science Australia Code of conduct;
- Key contract role requirements fulfilled;
- Active participation in the Performance and Development review process;
- Adhere to the GV Health, and Exercise and Sports Science Australia (ESSA) code of conduct respectively;
- Fulfil all key responsibilities associated with the contract role.

AT GV HEALTH ALL STAFF ARE REQUIRED TO

- Demonstration of GV Health values and behaviours, being a role model for living the values, Compassion, Respect, Excellence, Accountability, Teamwork and Ethical Behaviour;
- Maintain an understanding of individual responsibility for consumer safety, quality and risk and adhere to the relevant policies, procedures and guidelines;
- Development and maintaining of collaborative relationships with all other teams and professionals;
- This role may from time to time deal with distress, anxious or upset consumers or members of the public. GV Health is committed to the physical and psychosocial safety of our staff. GV Health staff are required to comply with all safety related training, look after the safety and well-being of themselves and each other, and actively foster a safe working environment;
- Maintain a safe working environment for yourself, your colleagues and members of the public;
- Identify, report and manage risks and ensure actions are taken to prevent and minimise harm to consumers and the GV Health workforce;
- Contribute to organisational quality and safety initiatives;
- Observe and comply with child safe principles, standards and expectations of appropriate behaviour toward and in the company of children;
- Complete the mandatory training requirements as defined by GV Health and actively engage in the Performance Development Review process;
- Minimise the risk of infection to consumers, residents, employees, visitors, contractors and the general public;
- Seek internal customer or consumer feedback and respond accordingly to identify areas of needs;
- Comply with requirement of National Safety and Quality Health Service Standards and other relevant standards, regulations and legislative requirements;
- Comply with the principles of patient and family centred care;
- Not smoke or vape on GV Health premises;
- Comply with immunisation requirements as per the Department of Health Victoria;
- Comply with all applicable to position pre-employment checks, which may include but is not limited to; police checks, working with children's check (WWCC), National Disability Insurance Scheme (NDIS), Aged Care screening requirements.

ACCEPTANCE:

I acknowledge and accept that this Position Description represents the general outline of duties, responsibilities and accountabilities that are expected of me in my employment in the position, and may not encompass every aspect of the position. I understand that The GV Health reserves the right to modify position descriptions as required, however I will be consulted when this occurs.

I acknowledge and accept that I must complete and maintain all relevant pre-employment screening and checks for successful employment.

I acknowledge and accept that that I have read and fully understand this Position Description. I agree that I have the ability to fulfil the inherent requirements of the position, and accept my role in fulfilling the responsibilities, activities, duties and generic position requirements.

I acknowledge I will be required to undertake the duties as set out in the position description (and any other duties as requested in accordance with my skills and experience) to the best of my ability and, at all times follow lawful direction.

By accepting the contract of employment, I am agreeing to duties and obligations within the Position Description.

Community Care and Mental Health	Exercise Physiologist – GSSM Local Mental Health
Reviewed by:	Rhys Noble
Issue Date:	December 2025

ABOUT US

Goulburn Valley (GV) Health is a Regional Public Hospital and Health Service for the Hume Region of Victoria, with main campuses located at Shepparton, Tatura, Rushworth and Euroa. The main campus in Shepparton is the major acute referral hospital for the sub region. Additional satellite sites are also located in Shepparton, Seymour, Benalla, Cobram, Echuca and Wodonga. GV Health provides a range of acute, subacute, mental health, aged, primary health and community services.

OUR PURPOSE

To significantly improve the health and wellbeing outcomes and experiences of the people and communities in our care.

OUR VALUES

GV Health's culture centres around our CREATE values and behaviours. Through these values and behaviours we commit to delivering ongoing quality healthcare for our community:



GV Health Vision and Values: [Values and Vision - GV Health](#)

OUR STRATEGIC PLAN

The Goulburn Valley Health Strategic Plan 2024-2026 provides the direction for GV Health with our five strategic pillars being:

- Health and Wellbeing Outcomes: Improve health and outcomes for the population in our region
- Community and Consumer Experience: Ensure everyone has an outstanding personalised experience
- Our Staff Experience: Our people feel connected, supported, safe and well
- Responsible Workplace: Be sustainable and efficient
- Health Equity: Embrace differences in how we design and deliver healthcare

GV Health Strategic Plan: [Strategic Plan 2024-2026 - GV Health](#)

FOR MORE INFORMATION

Application tips: [Application Tips - GV Health](#)

GV Health: <https://www.gvhealth.org.au/about/>

Child Safety and Wellbeing: [Child Safety and Wellbeing - GV Health](#)

Living in Goulburn Valley: [Goulburn | Regional Living Victoria](#)

GV Community Connector: [Community Connector Program for Businesses](#)