

Position Description

Position Title:	Exercise Physiologist – Grade 1
Reports to:	Operations Manager – HIP Hospital Avoidance Program
Department:	HARP – DMT
Directorate:	Community Care & Mental Health & Chief Allied Health Officer
Cost centre:	D0002
Code & classification:	Exercise Physiologist Grade 1, Years 1 – 5 (EP61 – EP65)
Employment conditions:	Allied Health Professionals (Victorian Public Sector) (Single Interest Employers) 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 Hospital Admission Risk Program –Disease Management Team (HARP – DMT) aims to reduce or prevent hospital presentations/admissions of clients with chronic heart failure (CHF) or chronic obstructive pulmonary disease (COPD). HARP-DMT targets clients who have recently been discharged from hospital after an exacerbation of their condition, the team provides clients with home visits to provide support, education and encourage self-management and health optimisation.

As the HARP-DMT Exercise Physiologist (EP), you are responsible for providing home and community-based EP services to these clients with CHF or COPD. Services provided by the EP include home visits, conducting home exercise programs and providing education with clients, in collaboration with the physiotherapist and enrolled nurses. EP input is targeted at self-management strategies for CHF and COPD clients, as well as general interventions to maximise each client's functioning.

The HARP-DMT adopts a supportive interdisciplinary approach to provision of care. The program is co-located within the Integrated Care Services building, which houses a suite of ambulatory based services aimed at improving service coordination.

The HARP Disease Management Team operates within the broader Health Independence Programs (HIP) which includes the hospital admission risk program (HARP), sub-acute ambulatory care services (SACS), post-acute care (PAC) and residential in-reach. The Health Independence Programs aim to facilitate improved health outcomes and enable a better client journey across the care continuum.

RESPONSIBILITIES AND DUTIES

The following duties are inclusive of but not limited to the following:

- SMART goal setting and monitoring for activity and exercise.

- This position is supported by the manager of the HARP Disease Management Team in the area of leadership, management and quality improvement. The EP will apply current evidence-based practice and develop effective methods of client management, communication and information sharing with internal and external services and health professional.
- The role includes but is not limited to;
- Work independently within an interdisciplinary team and within available resources and timeframes.
- Provide EP services to clients with chronic heart failure and or chronic obstructive pulmonary disease based on best practice and sound clinical reasoning within the context of guidelines relevant to the HARP-DMT.
- Provide high quality (discipline-specific) clinical services across clients' care trajectory: assessment, care planning, therapy (including self-management skill building), review and discharge planning, aiming to maximise clients' functional outcomes and assist them to meet their goals. The EPs primary tasks are:
 - Exercise prescription
 - Functional improvement
 - Modification of exercise programs
 - Pacing and energy conservation strategy
 - Provide mentoring and support to team assistants who implement home exercise programs developed by EP and or physiotherapist.
 - Provide a high-quality service to internal customers and consumers that reflects best practice and adds value to GV Health

KEY SELECTION CRITERIA

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

- An accredited Exercise & Sports Science degree with current registration through ESSA and eligibility for AEP accreditation.

Essential:

- Knowledge in health promotion, program development, exercise prescription and practical experience working with people with complex and chronic disease, to assist them to manage their own health
- Knowledge of Chronic Heart Failure and Chronic Obstructive Pulmonary Disease, as well as an understanding of health coaching or motivational interviewing principles
- Well-developed organisational and time management skills with an ability to prioritise and manage a diverse caseload
- Excellent interpersonal, written & verbal communication skills including problem solving ability & computer literacy
- The ability to work collaboratively as an individual practitioner within an interdisciplinary team environment
- Current drivers' licence

Desirable:

- Experience in the management of clients with Chronic Heart Failure and/or Chronic Obstructive Pulmonary Disease
- Experience with group-based work.
- Knowledge of health coaching principles

KEY PERFORMANCE INDICATORS

Your performance will be measured through your successful achievement of:

- Actively participate in quality improvement activities within HARP DMT
 - Participate in team reviews of practice and processes
 - Ensure that referrals for EP are prioritised and seen within a timely manner
 - Evaluate EP service delivery to ensure best practice
 - Deliver EP services in line with established HARP-DMT program guidelines and processes.
 - Submit required data in a timely manner
 - Offering support and working collaboratively with all disciplines within this team
 - Registration is maintained and working within scope of practice
 - Attendance and active participation at meetings as required
 - 100% compliance with core competencies and training requirements as outlined in the GV Health Education Framework
 - Active participation in the Performance and Development review process
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ALL GV HEALTH STAFF ARE REQUIRED TO

- Demonstrate GV Health's CREATE values and behaviours and being a role model for living the values of 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;
- Develop and maintain collaborative relationships with all other teams and professionals;
- Promote and enable efficient teamwork and service provision both within the department and/or organisation and with other service providers;
- Contribute to a safe working environment and ensure compliance with legislative requirements concerning Occupational Health and Safety, anti-discrimination, and equal opportunity;
- 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 and maintain all 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;
- Comply with requirements of the 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 Victorian Department of Health Victoria;
- Comply with all applicable position pre-employment checks that are relevant to the role, which may include but is not limited to; police checks, Working with Children's Check (WWCC), National Disability Insurance Scheme (NDIS) and Aged Care screening requirements;
- In this role you may occasionally interact with distressed, anxious or upset consumers or members of the public. GV Health is committed to the physical and psychosocial safety of our staff. All 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.

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 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 & Mental Health & Chief Allied Health Officer	Exercise Physiologist – Grade 1
Reviewed by:	Operations Manager – HIP Hospital Avoidance Program
Issue Date:	July 2026

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](#)