

Exercise Physiologist

What do they do?

An exercise physiologist provides scientific support to sports people by studying how their bodies respond to physical activity.

Tasks and duties

- ▶ Study heart rate data
- ▶ Analyse blood samples
- ▶ Measure sports person's strength and flexibility
- ▶ Attend training sessions to monitor sporting performances.

Where do they work?

- ▶ Private practices
- ▶ Professional sports teams
- ▶ Sporting laboratory

What abilities do I need?

- ▶ Enjoy competitive sport
- ▶ Enjoy science
- ▶ Observant
- ▶ Eye for detail
- ▶ Problem-solving skills

Want further information?

Additional course and entrance information is available from university admissions centres, universities, careers advisers and from the following websites:

- ▶ Exercise and Sports Science Australia - www.essa.org.au
- ▶ The Good Guide - www.jobguide.thegoodguides.com.au

Scholarships available

- ▶ www.nrhsn.org.au
- ▶ Check professional bodies websites
- ▶ Check your State or Territory Government website for further information.

National Rural Health Student Network

The National Rural Health Student Network (NRHSN) provides a voice for students who are passionate about improving health outcomes for rural and remote Australians. The NRHSN has over 9,000 members who belong to 28 Rural Health Clubs at universities throughout Australia. They include students studying medical, nursing and allied health courses. The NRHSN offers networking, professional development and opportunities to enable positive rural health experiences. For further information please visit www.nrhsn.org.au

Rural Health Workforce Australia

Rural Health Workforce Australia and the national network of Rural Workforce Agencies attract, recruit and support health workers to care for people in rural and remote communities.

We also know that students are the future of rural health. That's why we support the NRHSN and the 28 university Rural Health Clubs.

So if you are thinking about a career in rural health or want to connect with one of our Clubs, we would love to hear from you.

Our Network

Peak Body
Rural Health
Workforce Australia
www.rhwa.org.au
03 9860 4700

Vic
RWAV
www.rwav.com.au
03 9349 7800

QLD
Health Workforce
Queensland
www.healthworkforce.com.au
07 3105 7800

Tas
Health Recruitment
Plus Tasmania
www.healthrecruitmentplus.com.au
03 6334 2355

NSW
NSW Rural
Doctors Network
www.nswrdn.com.au
02 4924 8000

SA
Rural Doctors Workforce
Agency
www.ruraldoc.com.au
08 8234 8277

WA
Rural Health West
www.ruralhealthwest.com.au
08 6389 4500

NT
PHN Northern Territory
www.ntphn.org.au
08 8982 1000

Rural Health Clubs



- 1 **ARMS** - Australian National University, ACT
- 2 **AURHA** - Adelaide University, SA
- 3 **BREAATHHE** - University of Newcastle, NSW
- 4 **BUSHFIRE** - Bond University, QLD
- 5 **CARAH** - Charles Darwin University, NT in assoc with Flinders University, SA
- 6 **CRANC** - University of Canberra, ACT
- 7 **FURHS** - Flinders University, SA
- 8 **HOPE4HEALTH** - Griffith University, QLD
- 9 **KRASH** - Notre Dame University, Broome, WA
- 10 **LARHC** - La Trobe University, Bendigo, VIC
- 11 **MARHS** - Charles Sturt University, Albury, NSW including La Trobe University Wodonga campus
- 12 **MIRAGE** - University of Sydney, NSW
- 13 **NERCHA** - University of New England, NSW
- 14 **NOMAD** - Deakin University, VIC
- 15 **OUTLOOK** - University of Melbourne, VIC
- 16 **RAHMS** - University of New South Wales, NSW
- 17 **RHINO** - James Cook University, QLD
- 18 **RHUUWS** - University of Western Sydney, NSW
- 19 **ROUNDS** - Notre Dame University, Sydney campus, NSW
- 20 **ROUSTAH** - University of South Australia, SA
- 21 **RUSTICA** - University of Tasmania, TAS
- 22 **SHARP** - University of Wollongong, NSW
- 23 **SPINRPHEX** - Combined Universities of Western Australia, WA
- 24 **StARRH** - Charles Darwin University, NT including Flinders University, SA
- 25 **TROHPIQ** - University of Queensland, QLD
- 26 **WAAALHIIBE** - Combined Universities of Western Australia, WA
- 27 **WARRIAHS** - Charles Sturt University, Wagga Wagga, NSW
- 28 **WILDFIRE** - Monash University, VIC