

Announcer: Welcome to Tram Talks, a little taste of Deakin University here in the world's first mobile lecture theatre. You've chosen to listen to podcast number 10, Exercise Physiology. Dr. Steve Fraser introduces us to the emerging field of exercise physiology and the benefits in hospitals.

Dr. Fraser: I'm an accredited exercise physiologist. I'm a university-trained allied health professional. I use evidence-based practice to prescribe exercise to people with chronic and complex conditions. I use exercise to help you manage your diabetes. I use exercise to help you handle your cancer treatment, or exercise to help you with your cardiac rehabilitation. I use exercise to help you return to full functional capacity and help you return to work. I use exercise to help strengthen your bones and muscles to reduce your falls and fracture risk. I can even use exercise to help you with your mental health issues.

Exercise physiologists are allied health professionals. Think of an exercise physiologist a bit like a physiotherapist, except an exercise physiologist doesn't use manual therapy or electrotherapy in their treatment. Exercise physiologists use exercise as medicine. They prescribe exercise to people with chronic disease so that they can help them either prevent that disease or recover from their illness or injury.

Exercise physiologists earn the same wage as a physio and occupational therapist or a dietician. So if you're after a career in exercise, that's a certain career path for you. You could start off with doing something like a fitness course, a personal training course, but that will allow you to work with otherwise healthy individuals, people looking to lose a little bit of weight, maybe get a little bit stronger. But if you want to work with people with chronic and complex conditions, you need to go on and do something like an exercise physiology degree.

So how can you find an exercise physiologist? Just Google it. You'll find over 4000 exercise physiologists in Australia with numbers growing each year. You can get a referral from your GP or another allied health practitioner. You can find exercise physiologists running private practices often attached to a GP clinic. You can find them in community health or in fitness centres.

So what happens when you see an exercise physiologist? Firstly, you'll go in, you'll sit down, and they'll talk to you about your goals. They'll help you work out what you're trying to achieve from your exercise program.

So how do you become an exercise physiologist? Well, normally, you do an undergraduate degree such as Deakin's Exercise and Sports Science Course. Then you do a Master's course such as the Deakin Master in Clinical Exercise

Physiology. You'll get accredited by a professional body, which gives you a ticket or license to practice.

Exercise physiology is a growing profession. As a society, we're getting older, we're becoming less active and more overweight and obese. There's always going to be a need for allied health professionals that can either prevent or treat chronic disease that happens as we get older or become less active. So if you're passionate about exercise, you want to help people who need it most, then a career as an exercise physiologist is your goal.

Announcer: Thanks to Dr. Steve Fraser. This has been another Tram Talk from the world's first mobile lecture theatre. Just a small sample of what's available at Deakin University. Visit study.deakin.edu.au to learn more.