

Exercise and health referral networks

To safely and effectively deliver exercise programs that meet a broad range of client needs, Registered Exercise Professionals and fitness business operators will typically need support and expertise from a range of disciplines including the exercise, sport, primary health, allied health, government & non-government health sectors.

Professional Associations and peak bodies in fitness, exercise and sports medicine provide specific, evidence-based guidelines that should be a first point of contact for professional practice and will often refer to the relevant underlying evidence that might relate to prescription of a particular activity or delivery of services to a specific population group or setting. Examples include:

🔗 www.fitness.org.au/guidelines.html

🔗 www.essa.org.au/about-us/position-statements/

🔗 www.sma.org.au/resources/

🔗 www.acsm.org/about-acsm/policy-center

Non-Government Organisations (NGOs) such as peak health organisations or major chronic disease groups are also a valuable source of data (such as condition prevalence, risk factor rates and population demographics) and an important point of support for your clients. There are a few examples of evidence-based condition-specific programs that can be delivered directly by fitness industry service providers, such as Lift for Life, Heart Moves, Lungs In Action, and the Beat It: Physical Activity and Lifestyle Program.

NATIONAL GOVERNMENT DEPARTMENTS & AGENCIES

Department of Health and Ageing (DoHA)

www.health.gov.au

This Commonwealth Department has a diverse set of national responsibilities including advising policy, improving program management, research, regulation and partnerships with other government agencies, consumers and stakeholders.

Australian National Preventive Health Agency (ANPHA)

www.anpha.gov.au

The Agency is a statutory authority in the Health and Ageing portfolio responsible for supporting the development and implementation of evidence-based approaches to preventive health initiatives targeting obesity, harmful alcohol consumption and tobacco.

The Australian Health Practitioner Regulation Agency (AHPRA)

www.ahpra.gov.au

The organisation responsible for regulating 14 health professions through the implementation of the National Registration and Accreditation Scheme across Australia. Information, standards and searchable Registers of Practitioners can be found at the website.

AUSTRALIAN EXERCISE, SPORT, MEDICAL & ALLIED HEALTH PEAK BODIES

Active After-school Communities (AASC)

www.ausport.gov.au/participating/aasc

A national initiative that provides primary school children with access to free sport and other structured physical activity programs in the after-school time slot of 3.00pm to 5.30pm.

Allied Health Professions Australia (AHPA)

www.ahpa.com.au

(Formerly called Health Professions Council of Australia) The national peak body for major health professions and their representative bodies other than medical practitioners, nurses and unions, working to represent the interests of the allied health professions sector to Government; and to provide a vehicle for liaison and discussion between the professions.

Australasian Podiatry Council

www.apodc.com.au

The peak body for podiatry in Australia, responsible for the preparation of national policies and clinical practice, representation of podiatry in Australia to government and industry bodies, research within the discipline and support for continuing professional development.

Australian Diabetes Educators Association (ADEA)

www.adea.com.au

The leading Australian organisation for health care professionals providing diabetes education and care, promotes evidenced-based best practice diabetes education to ensure optimal health and wellbeing for all people affected by, and at risk of, diabetes.

Australian Indigenous Doctors Association (AIDA)

www.aida.org.au

AIDA is a not-for-profit, non-government organisation dedicated to leadership, partnership & scholarship in Aboriginal and Torres Strait Islander health, education and workforce.

Australian Lifestyle Medicine Association (ALMA)

www.lifestylemedicine.com.au

Lifestyle medicine is a relatively new discipline, which bridges the gap between health promotion and conventional medicine, involving a range of health professionals working as a team. ALMA was initially established to provide for the needs and education of GPs and Allied Professionals accredited to provide services under the Medicare Team Care Arrangement.

Australian Medicare Local Alliance (AMLA)

www.amlalliance.com.au

National, government funded not-for-profit primary health care network of 61 Medicare Locals (MLs).

Australian Osteopathic Association (AOA) www.osteopathy.org.au	National peak body representing osteopaths, the profession and consumers of osteopathic services.
Australian Physiotherapy Association (APA) www.physiotherapy.asn.au	National peak body for Physiotherapists, representing over 13,000 members.
Australian Psychological Society (APS) www.psychology.org.au	The largest professional association for psychologists in Australia representing over 20,000 members.
Australian Sports Commission (ASC) www.ausport.gov.au	Australia's primary national sports administration and advisory agency and leader in the development of high performance sport and sports participation. Website includes The Australian Sports Directory: contact details of national sporting organisations (NSOs) and NSOs for people with a disability.
Chiropractors Association of Australia (CAA) www.chiropractors.asn.au	The peak body representing chiropractors in Australia, coordinating its efforts with 8 CAA state & territory organisations.
Dietitians Association of Australia (DAA) www.daa.asn.au	National peak body of dietetic and nutrition professionals.
Exercise and Sports Science Association (ESSA) www.essa.org.au	National peak professional organisation representing tertiary-trained exercise and sports science practitioners.
National Aboriginal Community Controlled Health Organisation (NACCHO) www.naccho.org.au	The national peak body representing over 150 Aboriginal Community Controlled Health Services (ACCHSs). These are primary health care services initiated and operated by the local Aboriginal community on Aboriginal health and wellbeing issues.
National Coaching Accreditation Scheme (NCAS) www.ausport.gov.au/participating/coaches/education	Australia's system of training and accrediting coaches, which more than 70 sports participate in. The NCAS is an initiative of the Australian Sports Commission (ASC).
Royal Australian College of General Practitioners (RACGP) www.racgp.org.au	The Royal Australian College of General Practitioners (RACGP) is Australia's largest professional general practice organisation, representing over 21,500 members including more than 19,300 GPs in Australia. Conducts research, lobby and advocacy on issues that influence GPs and their practice teams.
Sports Medicine Australia (SMA) www.sma.org.au	National multidisciplinary peak body for all sports medicine and sports science professions, promoting safe participation in sport and physical activity.
Sports Dietitians Australia (SDA) www.sportsdietitians.com.au	A not-for-profit organisation of dietitians specialising in the field of sports nutrition.

INTERNATIONAL EXERCISE, SPORT, MEDICAL & ALLIED HEALTH PEAK BODIES

American College of Sports Medicine (ACSM) www.acsm.org	An association of sports medicine, exercise science, and health and fitness professionals, representing 70 occupations within the sports medicine field.
British Association of Sport & Exercise Sciences (BASES) www.bases.org.uk	The professional body for sport and exercise sciences in the UK, concerned with developing and enhancing the professional and ethical standards of its members.
Canadian Society for Exercise Physiology (CSEP) www.csep.ca	The principal body for physical activity, health and fitness research and personal training in Canada, providing customised and specialised physical activity and fitness programs, guidance and advice based on extensive training and evidence-based research.
European College of Sport Science (ECSS) www.ecss.mobi	A sport scientific society dedicated to the collection, generation and dissemination of scientific knowledge at the European level.
International Council of Sport Science and Physical Education (ICSSPE) www.icsspe.org	ICSSPE consists of approximately 300 member organisations and institutions of sport, sport science and physical education, creating an extensive global network with the aim of maintaining an inclusive perspective on the different disciplines of sport, sport science and physical education, and to further a continuing collaboration between them.
Sport & Exercise Science New Zealand (SESNZ) www.sesnz.org.nz	The New Zealand organisation which represents professional sport and exercise scientists, academics, students, coaches and those people interested in sport and exercise science.

NATIONAL PEAK HEALTH & CHRONIC DISEASE NGOs

Alzheimer's Australia www.fightdementia.org.au	The peak body providing support and advocacy for the 321,600 Australians living with dementia.
Andrology Australia www.andrologyaustralia.org	The Australian Centre of Excellence in Male Reproductive Health, bringing together health and education experts from across Australia to develop collaborative strategies to raise the awareness of male reproductive health disorders and their associations with chronic disease.
Arthritis Australia www.arthritisaustralia.com.au	Australia's peak arthritis organisation, providing support for people with arthritis, funding research, providing guidelines for health professionals, and promoting public awareness
Asthma Foundation www.asthmafoundation.org.au	Peak body for state and territory associations working to help people with asthma, providing information, education, training, advocacy and promoting research.
Australian Health Promotion Association (AHPA) www.healthpromotion.org.au	Australia's peak health promotion body, the national professional association specifically for people interested or involved in the practice, research and study of health promotion.
Australian Indigenous HealthInfoNet www.healthinfonet.ecu.edu.au	An Internet resource that informs practice and policy in Indigenous health by making research and other knowledge readily accessible.

Baker IDI www.bakeridi.edu.au	A health and medical research institute dedicated to reducing ill health and mortality caused by the effects of cardiovascular disease and diabetes.
Black Dog Institute www.blackdoginstitute.org.au	The Institute is attached to the Prince of Wales Hospital and affiliated with the University of New South Wales. It offers education, research, clinics and community programs with specialist expertise in mood disorders (including depression and bipolar disorder).
Beyond Blue www.beyondblue.org.au	The national depression initiative providing information about depression to consumers, carers and health professionals.
Butterfly Foundation for Eating Disorders www.thebutterflyfoundation.org.au	Represents all people affected by eating disorders and negative body image – a person with the illness, their family and their friends. As a leading national voice, it highlights the realities of seeking treatment for recovery, and advocates for improved services from both government and independent sources.
Cancer Council www.cancer.org.au	The national cancer control organisation which advises on practices and policies to help prevent, detect and treat cancer, and advocates for the rights of cancer patients for best treatment and supportive care.
Consumer Health Forum www.chf.org.au	The peak organisation representing the interests of Australian healthcare consumers, working to achieve safe, good quality, timely healthcare for all Australians, supported by the best health information and systems the country can afford.
Continence Foundation Australia www.continence.org.au	The national peak body for continence promotion, management and advocacy.
Diabetes Australia www.diabetesaustralia.com.au	The national peak body for diabetes in Australia, working in partnership with diabetes consumer organisations, health professionals, educators and researchers to minimise the impact of diabetes in the Australian community.
Global Physical Activity Network www.globalpanet.com	GlobalPANet rapidly communicates the latest physical activity research via its electronic communication network including information about recent physical activity developments and events, as well providing links to a global network of those with professional and personal interests in physical activity.
GROW www.grow.net.au	A national organisation that provides a peer supported program to people with a mental illness and those people experiencing difficulty in coping with life's challenges. The program is designed for people to take control of their lives, overcome obstacles and start living a life full of meaning, hope and optimism.
Headspace www.headspace.org.au	The national youth mental health foundation.
Heart Foundation www.heartfoundation.org.au	Australia's leading voice on heart health, delivering cardiovascular research, guidelines for health professionals, information for the public and support for people with cardiovascular disease.
Health Engine www.healthengine.com.au	A multi-disciplinary directory of 50,000+ health practitioners nation-wide.



Health Insite

www.healthinsite.gov.au

A government-funded health information service, providing access to quality assured health information from government agencies, educational and research institutions and not-for-profit organisations. You can quickly search for a topic such as managing conditions and diseases, coping with life stages, or general advice on health and wellbeing.

Jean Hailes Foundation

www.jeanhailes.org.au

A national not-for-profit organisation, providing a range of research, education and clinical care services for women, as well as evidence-based health information through nine websites including ageing well, bone health, early menopause, endometriosis, managing menopause, managing PCOS and health living.

Lung Foundation

www.lungfoundation.com.au

Australia's national foundation that provides support to patients and carers burdened by lung disease and to ensure lung health is a priority for all in Australia.

National Stroke Foundation

www.strokefoundation.com.au

A not-for-profit organisation that works with the public, government, health professionals, patients, carers and stroke survivors to reduce the impact of stroke on the Australian community.

Nutrition Australia

www.nutritionaustralia.org

A leading nutrition advocate in preventative health, delivering products, programs and services to corporate, community groups, schools, government and the general public.

Osteoporosis Australia

www.osteoporosis.org.au

A national charity supporting research and public education to reduce the incidence and improve the management of Osteoporosis.

SANE Australia

www.sane.org

A national charity working for a better life for people affected by mental illness – website site has great fact sheets for registered exercise professionals and fitness businesses.