



Dr. Jeff Coombes

National Center Director

Jeff Coombes, Ph.D.

Affiliation

School of Human Movement & Nutritional Sciences, University of Queensland

National Center Manager

Brent Nicol

Affiliation

Exercise & Sport Science Australia

Host Institution – Exercise & Sport Science Australia

Founded in 1991, Exercise & Sports Science Australia (ESSA) is a professional organization committed to establishing, promoting and representing the career paths of tertiary-trained exercise and sports science practitioners. ESSA advocates on behalf of three exercise and professional groups: accredited exercise physiologists, accredited exercise scientists, accredited sports scientists, and accredited high-performance managers. Advocacy activities are focused on supporting and progressing ESSA's mission to lead and promote excellence in exercise and sports science for the benefit of the Australian community and its professional members.



EIM NC Advisory Board Affiliation

Jeff Coombes, Ph.D.	• Professor in Clinical Exercise Physiology, University of Queensland
Chris Askew, Ph.D.	• Professor, School of Health & Sport Sciences, University of Sunshine Coast
Roni Beauchamp	• General Manager, Australasian Society of Lifestyle Medicine
Malika Bee, M.D.	• Senior Program Manager, Australasian College of Sport and Exercise Physicians (ACSEP)
Adam Castricum	• Moving Medicine Project Coordinator, ACSEP
Sonia Chalmers, R.N.	• Australian Primary Health Care Nurses Association (APNA)
Jamie Crain	• CEO, Sports Medicine Australia (SMA)
Lynne Davies, M.D.	• General Practitioner, Tintenbar Medical Centre
John Dennehy, M.D.	• Sports medicine physician • Director & Senior Exercise Physiologist, Better Move Clinic
Andrea Johnson	• General Manager, Marketing and Communications, Australian Physiotherapy Association (APA)
Robert Newton, Ph.D.	• Professor in Clinical Exercise Physiology, Edith Cowan University
Claire White	• Assistant Director, Healthy Living & Food Governance Section, Australia Department of Health

2025 Goals

- Continue EIM Hospital project
 - Develop greater EIM Educational opportunities for nurses
 - Continue to create broad awareness of EIM (physical activity and exercise is medicine!)
 - Review and update 10 EIM Australia factsheets, and create 3 new factsheets
 - Add representatives to the Advisory Board from Aboriginal and Torres Strait Islander organizations
 - Make physical activity and exercise a standard vital sign question in each patient visit
 - Empower doctors, nurses, aboriginal health workers and other primary healthcare providers to become consistently effective in counselling and referring patients as to their physical activity and exercise needs.
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Accomplishments to Date

- Officially established the EIM Australia National Center in 2010
 - Conducted 27 virtual trainings, impacting >600 healthcare providers, as a part of the Health Hospital project (2022-24)
 - Started a “Hospital Program” in partnership with the Australian Physiotherapy Association to provide direct training to the medical team
 - Trained accredited exercise professionals and physiotherapists
 - In 2021, gave an additional 34 hospital presentations and developed an online eLearning platform (>250 providers trained)
 - In 2020, gave 20 hospital and 13 primary care online learning presentations to >110 doctors, nurses and healthcare workers (recordings viewed by an additional 165 online participants + 183 medical interns and other healthcare workers)
 - Developed an EIM GP visit kit and held an 'EIM in Practice' initiative where staff from 7 GP practices were educated on EIM implementation
 - Funded by the Australian Ministry of Health to train 500+ healthcare providers (2018)
 - Created several EIM Australia resources including: Healthcare Provider Action Guide, posters, brochure, tips for starting an exercise program, referrals under Medicare A, factsheet on Type 2 Diabetes, and significant groundwork for cardiovascular disease and kidney disease factsheets was also completed (2015)
 - Created four additional factsheets on exercise and specific disease conditions (2016)
 - Developed an EIM factsheet for Aboriginal and Torres Strait Islanders
 - EIM Australia factsheets - ranked by Medical Observer as the 2nd best PA resource for healthcare providers and patients behind only behind the AUS PA Guidelines
 - Endorsement of the EIM education package by the Australian Association of Practice Nurses
 - Social media following of 4700+ individuals on Facebook
 - Produced more than 100 targeted communications via EIM newsletters and website blog, as well as primary healthcare publications featuring EIM Australia
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