ABOUT

The UniSA High Performance and Exercise Physiology Clinic offers specialist exercise testing and prescription services to assist with the management and prevention of chronic health conditions, musculoskeletal rehabilitation, medical conditions, disabilities and mental health conditions. We also offer high performance development programs to professional and elite athletes and teams, as well as amateur athletes.

Treatment is provided by final year undergraduate students under the supervision of accredited exercise physiologists, or directly by Accredited Exercise Physiologists.

Our services are beneficial for the management of:

- cardiovascular disease/dysfunction
- chronic fatigue pathologies
- hormonal dysfunction
- metabolic disease/dysfunction
- musculoskeletal disease/dysfunction
- neurological, psychological and respiratory diseases

We offer practical exercise advice and programs that will equip you with the skills to maintain appropriate exercise habits, long term. Our service is tailored to suit your needs and preferences, and is designed to be performed by you from home or within an exercise training facility.

SERVICES & FEES

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Student services</td>
<td></td>
</tr>
<tr>
<td>Individual consultation</td>
<td>$20</td>
</tr>
<tr>
<td>Individual exercise session</td>
<td>$15</td>
</tr>
<tr>
<td>Small group exercise session (max. 3 people)</td>
<td>$10</td>
</tr>
<tr>
<td>Large group exercise session (max. 12 people)</td>
<td>$5</td>
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Student services are supervised by accredited exercise physiologists.

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Accredited exercise physiologist services</td>
<td></td>
</tr>
<tr>
<td>Healthy age profiling</td>
<td>$150</td>
</tr>
<tr>
<td>Initial individual consultation</td>
<td>$120</td>
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<tr>
<td>Subsequent consultation</td>
<td>$70</td>
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<tr>
<td>Small group exercise session (max. 3 people)</td>
<td>$20</td>
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<tr>
<td>Large group exercise session (max. 12 people)</td>
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When consulting with an Accredited Exercise Physiologist, all referrals under Medicare and the Department of Veteran Affairs are bulk billed. WorkCover services are available on referral.

In most instances, a referral from your General Practitioner or medical specialist is required.

Appointments are essential.

Clinic services are available at UniSA City East and Magill campuses, Monday to Friday (see pages 2-3 for details).

APPOINTMENTS

Please wear comfortable, non-restrictive clothing and suitable footwear to your appointment, and bring any relevant medical information with you such as specialist or x-ray reports (not films).

If you need to reschedule your appointment, please let us know at least 24 hours in advance*.

TEACHING & LEARNING

In addition to providing you with valuable patient care, the Clinic delivers quality clinical education to UniSA students — our next generation of healthcare professionals. Educated in state-of-the-art facilities, students gain invaluable practical experience and exposure to a wide range of client needs.

COMMUNITY CLINICS

UniSA also offers a range of other clinics for the community including:

- Allied Health clinics
- Legal Advice Clinic
- Marketing Clinic
- Midwifery Clinic
- Physiotherapy Clinic
- Podiatry Clinic
- Psychology Clinic

To find out more, visit
unisa.edu.au/community-clinics

*Please note a cancellation fee of $20 will apply for appointments cancelled within 24 hours.

For further information, visit
unisa.edu.au/exercise-physiology-clinic
CONTACT DETAILS

Please contact us to arrange an appointment.

**UniSA CITY EAST CAMPUS**

Telephone: (08) 8302 2078  
Fax: (08) 8302 1428  
Email: exercisephysiology.clinic@unisa.edu.au

📍 Location

UniSA City East campus  
Level 2, Centenary Building (Room C2-08)  
Corner of North Terrace and Frome Road  
Adelaide SA 5000

Clinic days

Monday, Wednesday–Friday  
(please contact us for opening hours).

Car parking

The clinic has one permit parking available on campus for clients with mobility issues. Please speak with the clinic reception regarding this car park when scheduling your appointment.

**UniSA CITY WEST CAMPUS**

Telephone: (08) 8302 0986  
Fax: (08) 8302 7888  
Email: citywesthealth@unisa.edu.au

📍 Location

UniSA City West campus  
27-29 North Terrace  
Adelaide SA 5000

Clinic days

Monday–Friday  
(please contact us for opening hours).

Public transport

Public transport options are within walking distance of the clinic.

**Tram:**

"Park n Ride"-Park your car at the Adelaide Entertainment Centre or in the Parklands (4 hours) at Thebarton and catch the free Tram from 1 stop away

**Bus:**

Stop B2 North Terrace-North side:  
140, 144, 144G, 147, 150, 155, 157, 157X, 281, 281K, 286, 287, 288, INDB

Stop Y2 North Terrace-South side:  

Please contact us to arrange an appointment.

**UniSA Magill Campus**

**Telephone:** (08) 8302 4013  
**Fax:** (08) 8302 4344  
**Email:** magillhealthclinics@unisa.edu.au

**Location**  
UniSA Magill campus  
E Building (Room E1-22)  
Enter from Bundey Street  
Magill SA 5072

**Clinic days**  
Tuesdays only  
(please contact us for opening hours).

**Car parking**  
Reserved parking is available in the M2 carpark in bays 148-150. Please park your car and collect a permit from the clinic reception.