



Exercise Physiology Clinic

Working together to tailor exercise plans to suit your needs

SERVICES

The UniSA 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 cont.

Student-delivered services*

Consultation

Exercise session

Small and large group exercise sessions

*Concession rates apply to those under 18 years, student and health care card holders. Student services are supervised by accredited exercise physiologists.

Accredited exercise physiologist services*

Consultation

Healthy age profiling

Small group exercise session (max. 3 people)

Large group exercise session (max. 12 people)

*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.

Prices vary between student-delivered services and Accredited exercise physiology services.

Appointments are essential.

Please see page 2 for contact 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 services for the community including:

- Legal Advice
- Marketing
- Midwifery
- Occupational Therapy
- Physiotherapy
- Podiatry
- Psychology

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.

CONTACT DETAILS

Please contact us to arrange an appointment and for pricing.

UniSA CITY EAST CAMPUS

Telephone: (08) 8302 2078

Fax: (08) 8302 1428

Email: exercisephysiology.clinic@unisa.edu.au

Location

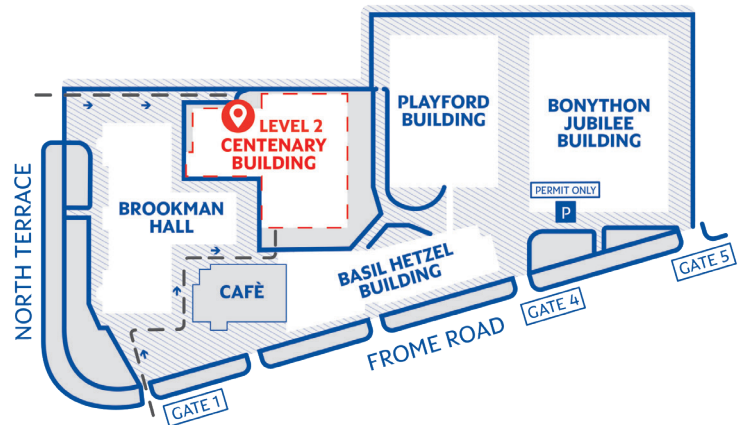
UniSA City East campus
Level 2, Centenary Building (Room C2-O8)
Corner of North Terrace and Frome Road
Adelaide SA 5000

Clinic days

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

Car parking

The clinic has one permit park 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

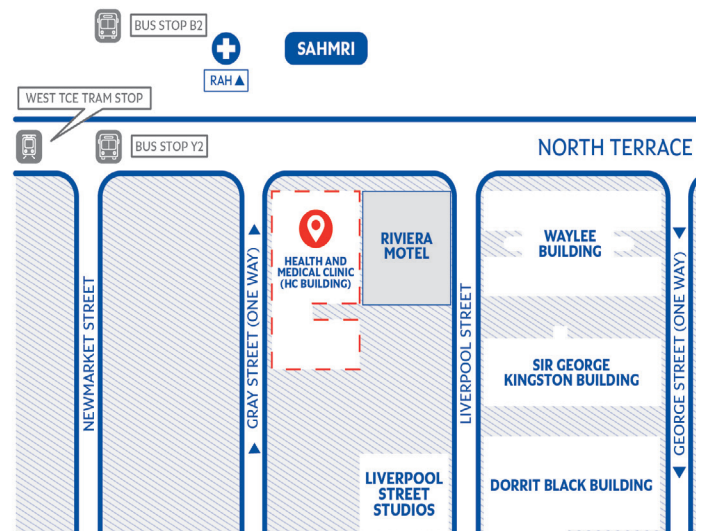
Clinic days

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

Public transport

Public transport options are within walking distance of the clinic including the tram and buses.

Please visit adelaidemetro.com.au for further details.



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 Bunday 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 148-152.

