

A world-leading research program



Fitness Australia®
THE HEALTH & FITNESS INDUSTRY ASSOCIATION



**VICTORIA
UNIVERSITY**
MELBOURNE AUSTRALIA

ISEAL
INSTITUTE OF SPORT,
EXERCISE AND ACTIVE LIVING

A Fitness Australia and Institute of Sport, Exercise and Active Living at Victoria University research collaboration

The Victoria University ISEAL Fitness Industry Research Program

The Institute of Sport, Exercise and Active Living at Victoria University and Fitness Australia have entered into a collaborative agreement to establish the Victoria University ISEAL Fitness Industry Research Program.

Purpose & Objectives

The purpose of the program is to provide evidences and promote best practices for the Australian health and fitness industry.

The specific objectives of the program are to:

- ✓ Research the effectiveness of structured exercise programs, tailored interventions and promotion of exercise and physical activity, to discover the impact on health-related fitness levels, quality of life and wellbeing
- ✓ Develop an assessment tool for recording the effectiveness of the fitness sector and drive industry adoption of the tool
- ✓ Develop research reviews and educational programs/events for exercise professionals and fitness service providers
- ✓ Generate journal publications, conference presentations and create opportunities for student projects
- ✓ Secure local and international research funding to support the ongoing research activities of the program.

The outcomes of the research will directly contribute to the ongoing development of Fitness Australia industry guidelines, standards, related education and quality systems. This in turn will support Fitness Australia's mission to enhance industry capacity and create a continuous improvement culture for the industry.

Initial Research

The initial research activity will be focussed upon the FIT & WELL Study, which will include:

-  1 Epidemiological research: examining prevalence, trends and factors influencing fitness industry-related engagement among the Australian population
-  2 Development of a testing platform, which comprises a battery of tests for use by exercise professionals to assess and monitor client health and wellbeing
-  3 Exploring the context and opportunity for integrating the fitness industry into public health and wellbeing strategies.

The Institute of Sport, Exercise and Active Living at Victoria University and Fitness Australia acknowledge that this exciting and important research initiative will be further enhanced through ongoing industry and stakeholder support and collaboration.

To learn more about the research program and register your support, email research@fitness.org.au



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