



# **ISESA-Advanced Accredited Sport Scientist (ISESA-AASS)**

Professional Standards and Scope of Practice



## Overview

An ISESA-AASS applies scientific principles and problem-solving capacities to enhance sporting performance across a variety of settings and populations, with a focus on high level performers. An ISESA-AASS plays a significant role as part of a multidisciplinary team in supporting sports people to achieve their sporting goals. The ISESA-AASS is equipped to work with elite athletes across various sporting codes in high-performance settings. This accreditation is the minimum accepted standard for individuals who wish to work with high-performance athletes, coaches and programmes in Ireland and requires applicants to have professional knowledge to Level 9 qualification in Sport Science. The ISESA-AASS often adopts leadership roles, mentors sport and exercise scientists and plays a key role within both multidisciplinary and transdisciplinary team to optimise performance outcomes for clients. The formulation, implementation and review of strategic plans and operations can form part of the role of the ISESA-AASS.

The ISESA-AASS covers specialisms in:

- Sport Biomechanics
- Sport Physiology
- Sport Psychology
- Sports Nutrition
- Strength and Conditioning
- Performance Analysis
- Skill Acquisition



## Professional Attributes

An ISESA-AASS is expected to uphold the highest standards of professionalism, ethics, and evidence-based practice. An ISESA-ASES member will:

- Demonstrate professional, ethical, and inclusive practice in alignment with the ISESA Code of Conduct which can be found [here](#).
- Support inclusive practice by promoting equity, diversity, and inclusion across all areas, recognising and respecting differences in culture, gender, age, ability, identity, and background, and ensuring accessible, person-centred, and culturally responsive approaches to health and physical activity.
- Adhere to workplace policies, industry regulations, and legal requirements when working with clients.
- Operate strictly within their accredited scope of practice to ensure client safety and service quality, recognising the limits of their knowledge, skills and practice, referring clients to other professionals when necessary.
- Work, where appropriate, as part of a wider client support team in a collaborative and respectful manner.
- Utilise evidence-based practices to design and deliver safe, effective, and individualised interventions.
- Ensure that records relevant to the client are accurately and appropriately stored in compliance with the General Data Protection Regulation (GDPR) and other legislative requirements.
- Integrate and apply appropriate and applicable knowledge and skills from various disciplines of sport science when providing service to clients.
- Demonstrate logical, systematic, and innovative thinking in problem-solving and decision-making.
- Adopt a client-centred approach, tailoring services to individual needs and goals.
- Develop and maintain strong professional relationships with clients, colleagues, and relevant groups.
- Engage in reflective practice and continuous professional development (CPD) to enhance expertise and service quality.
- Uphold and promote the credibility of the sport science profession, acting as an ambassador for high standards and ethical conduct.



## Standards

An ISESA-AASS can demonstrate an ability to:

1. Guide and support a discipline specific sport science team and/or a multi-disciplinary/transdisciplinary team to promote improvements in the training setting, programme/intervention design and delivery, and operational procedures to advance client performance.
2. Display an in-depth applied and theoretical knowledge of the relevant sport science discipline at Level 9 or higher degree level.
3. Critically evaluate, integrate, formulate and problem-solve in the design and delivery of sport science support for clients.
4. Critically reflect on current research and emerging technology while considering issues such as validity, reliability, usefulness and appropriateness and integrate such research and technology into programme and/or intervention programme design as relevant.
5. Support decision-making and programme/intervention design and delivery that incorporates innovative solutions and ideas with relevant, contemporary and appropriate scientific research.
6. Engage in meaningful professional development to support performance gains and support the professional development and mentorship of colleagues and staff where appropriate.
7. Engage and lead in reflective practice to support advancement and development and ultimately the performance improvement of clients.
8. Display an ability to work efficiently, effectively and collaboratively within a high-performance client-centred multidisciplinary environment.
9. Display an accomplished ability to build rapport and maintain relationships with all relevant stakeholders to support the performance setting and performance advancement for clients.
10. Provide sport science support and develop performance settings that are inclusive, equitable, safe, ethical, sustainable and effective to support the performance improvement of clients and the development of colleagues where relevant.



11. Display advanced and innovative communication strategies and skills when interacting with stakeholders and when leading high-performance sport science provision where relevant.