

Supplemental File 1: Delphi - Round one survey questions

Round one survey

Introduction statement:

The following questions ask about what health professionals should know about movement behaviour change (physical activity and sedentary behaviour) to be considered competent at the foundation level. For the purpose of this study, competencies at the foundation level are those that, at minimum, all health professionals and health professional students should possess. You will be asked to consider this across three key domains, and then given opportunity to provide any further thoughts not captured in previous questions.

While movement behaviours typically include physical activity (light, moderate and vigorous intensity), sedentary behaviour and sleep, the focus of this Delphi study is around the waking behaviours of physical activity and sedentary behaviour.

Questions:

Q1. Please list in detail the knowledge you believe health professionals need to possess or learn to effectively support clients to change their movement behaviours.

Q2. Please list in detail the skills you believe health professionals need to possess or learn to effectively deliver movement behaviour change.

Q3. Please list in detail any other attributes that health professionals at this level need to possess or learn to support effective movement behaviour change in their clients, that have not been covered by the previous questions.

Q4. Beyond the individual's knowledge and skills, please list in detail the factors health professionals should be aware of and understand about the systems in which they work that may influence their ability to promote movement behaviour change. Please answer with consideration across various settings.

For example, barriers or facilitators or modifiable or non-modifiable factors related to organisational structure, communication, policy, culture, staffing, environment etc.

Q5. Please use this box if there is anything else you wish to add, that has not been covered by previous questions