

Supplemental File 5: Summary of findings from round three, ordered by in descending order of level of agreement

Competency	QD ^a	Consensus ^b	Level of agreement, %			Suggested professions (where applicable) ^d
			Agree	Disagree (depends) ^c	Disagree	
20. Recognise that all health professionals have an important role in supporting movement behaviour change	0	High	100%	0%	0%	
25. Contribute to and promote a positive movement behaviour change culture that supports its sustainable integration into wider clinical practice	0	High	97%	3%	0%	
15. Explain the importance of physical activity and sedentary behaviour in the public health context	0	High	94%	6%	0%	Physiotherapists [2] Exercise therapists/physiologists [1] Medical doctors [1] Nurses [1]
17. Consider the common barriers and facilitators to movement behaviours (including sociocultural, biomedical, environmental and behavioural factors)	0	High	94%	3%	3%	Dieticians [1] Exercise therapists/physiologists [1] Lifestyle coaches [1] Medical doctors [1] and public health physicians [1] Nurse practitioner [1] or public health nurses [1] Physiotherapists [1]
16. Recognise the multifactorial determinants of movement behaviours (for example, social, behavioural or cultural influences on a person's movement behaviours)	0	High	91%	6%	3%	Exercise therapists/physiologists [2] Physiotherapists [2] Dieticians [1] Lifestyle coaches [1] Medical doctors generally [2] or public health physicians [1] Nurse practitioners [1], public health nurses [1] or nurses generally [1] Personal trainers [1]
22. Support individuals to optimise movement behaviours through effective interprofessional collaboration	0	High	91%	9%	0%	Physiotherapists [1] Nurses [1] General practitioners [1] Exercise therapists/physiologists [1] Personal trainers [1]
8. Understands both the independent and combined effects of total physical activity and sedentary time on health	0	High	88%	6%	6%	Exercise therapists/physiologists [2] Medical doctors [1] Nurses [1] Personal trainers [1] Physiotherapists [1]
21. Take ownership over their role in the promotion of movement behaviour change	0	High	88%	9%	3%	Physiotherapists [2] Diabetologists [1]

Competency	QD ^a	Consensus ^b	Level of agreement, %			Suggested professions (where applicable) ^d
			Agree	Disagree (depends) ^c	Disagree	
						Exercise therapists/physiologists [1] Medical doctors generally [1] or sports and exercise physicians specifically [1] or cardiologists [1] Nurses [1] Nutrition specialists [1] Psychologists [1]
13. Recognise how the health professional's own movement behaviours can influence their engagement with movement behaviour change delivery	0	High	85%	6%	9%	Exercise therapists/physiologists [2] Physiotherapists [2] Medical doctors [1] Nurses [1] Occupational therapists [1] Psychologists [1]
18. Use person-centred approaches to facilitate shared decision making in movement behaviour change support	0	High	85%	15%	0%	Physiotherapists [4] Exercise therapists/physiologists [3] Medical doctors [3] or public health physicians [1] Nurses generally [2] or nurse practitioners [1] or public health nurses [1] Dieticians [1] Lifestyle coaches [1] Occupational therapist [1] Personal trainers [1] Psychologists [1]
12. Use effective communication strategies to build therapeutic rapport and facilitate movement behaviour change	0	High	82%	18%	0%	Exercise therapists/physiologists [6] Physiotherapists [5] Medical doctors [4] Nurse practitioners [1] or nurses generally [3] Occupational therapists [2] Dieticians [1] Lifestyle coaches [1] Psychologists [1]
6. Define and explain the different types of movement behaviour (e.g.physical activity, physical activity intensity, and sedentary behaviour)	0	High	79%	21%	0%	Exercise therapists/physiologists [4] Physiotherapists [4] Medical doctors [3] Nurse practitioners [1] or nurses generally [2] Dieticians [1] Lifestyle coaches [1] Occupational therapists [1] Personal trainers [1] Psychologist [1]

Competency	QD ^a	Consensus ^b	Level of agreement, %			Suggested professions (where applicable) ^d
			Agree	Disagree (depends) ^c	Disagree	
31. Apply knowledge of local movement behaviour change support schemes and their referral processes	0	High	79%	18%	3%	Physiotherapists [2] Diabetologists [1] General practitioners [1] or medical doctors generally [1] or sports and exercise physicians [1] or cardiologists [1] Nurses [1] Nutrition specialists [1] Occupational therapists [1]
2. Work with individuals using movement behaviour change techniques and strategies (such as motivational interviewing) to enhance motivation and adherence to positive long-term movement behaviours	0	High	76%	21%	3%	Physiotherapists [6] Exercise therapists/physiologists [4] Medical doctors [3] Nurses [3] Occupational therapists [2] Dieticians [1] Lifestyle coaches [1] Personal trainers [1] Psychologists [1]
5. Demonstrate knowledge of local, national, and international movement behaviour guidelines across different populations	0	High	76%	24%	0%	Physiotherapists [6] Exercise therapists/physiologists [4] Medical doctors generally [4] or sports and exercise physicians [1] or cardiologists [1] Nurses [3] Diabetologist [1] Dieticians/nutrition specialists [1] Lifestyle coaches [1] Occupational therapists [1] Personal trainers [1] Psychologists [1]
32. Facilitate systems to optimise continuity of care and individual follow up in respect to movement behaviour change support	0	High	76%	18%	6%	Physiotherapists [4] Exercise therapists/physiologists [3] Nurses [3] or public health nurses [1] General practitioners [2] or medical doctors generally [2] or public health physicians [1] Occupational therapists [2] Dieticians [1] Lifestyle coaches [1] Personal trainers [1] Psychologists [1]

Competency	QD ^a	Consensus ^b	Level of agreement, %			Suggested professions (where applicable) ^d
			Agree	Disagree (depends) ^c	Disagree	
10. Demonstrate reflective practice in the context of movement behaviour change as part of continuing professional development	0.375	High	74%	21%	6%	Exercise therapists/physiologists [3] Dieticians [1] Lifestyle coaches [1] Personal trainers [1] Physical activity experts [1] or only health professionals currently involved in exercise behaviour modification [1] Physiotherapists [1]
23. Apply processes for documenting movement behaviours to facilitate communication between health professionals and improve continuity of care	0.375	High	74%	21%	6%	Physiotherapists [3] Medical doctors generally [2] or general practitioners [1] or sports and exercise physicians specifically [1] or cardiologists [1] Nurses [2] Diabetologists [1] Exercise therapists/physiologists [1] Nutrition specialists [1] Occupational therapists [1] Personal trainers [1] Psychologists [1]
24. Recognise organisational barriers and facilitators to individual health professionals' provision of movement behaviour change	0.375	High	74%	15%	12%	Diabetologists [1] General practitioners [1] or sports and exercise physicians [1] or cardiologists [1] Nutrition specialists [1] Physiotherapists [1]
28. Deliver movement behaviour change support that is consistent with public health policy and campaigns	0.375	High	74%	24%	3%	Physiotherapists [5] Exercise therapists/physiologists [3] Public health nurses [1] or nurses generally [3] General practitioners [3] or sports and exercise physicians [1] or cardiologists [1] or medical doctors generally [2] or public health physicians [1] Occupational therapists [2] Diabetologists [1] Dieticians/nutrition specialists [2] Lifestyle coaches [1] Personal trainers [1] Psychologists [1]
26. Advocate for movement behaviour change as a priority area for clinicians, individuals (e.g. patients, clients), and organisations	0.5	High	71%	26%	3%	Physiotherapists [3] Medical doctors [2] Exercise therapists/physiologists [1] Nurses [1]

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			Agree	Disagree (depends) ^c	Disagree	
						Occupational therapists [1] Psychologists [1]
27. Advocate for organisational support to facilitate the provision of movement behaviour change support	0.5	High	71%	24%	6%	Medical doctors [2] Nurses [2] Occupational therapists [2] Physiotherapists [2] Exercise therapist/physiologist [1] Psychologists [1]
29. Adapt service provision of movement behaviour change support according to the resources available (for example, equipment, staffing, physical space, and time) within different settings	0.5	High	71%	26%	3%	Physiotherapists [6] Exercise therapists/physiologists [3] Nurses [3] or public health nurses [1] General practitioners [3] or public health physicians [1] or sports and exercise physicians [1] or cardiologists [1] or medical doctors generally [2] Occupational therapists [2] Diabetologists [1] Dieticians/nutrition specialists [2] Lifestyle coaches [1] Personal trainers [1] Psychologists [1]
30. Practice effective time management to deliver movement behaviour change support efficiently	0.5	High	71%	26%	3%	Physiotherapists [5] Exercise therapists/physiologists [3] Nurses [3] or public health nurses [1] General practitioners [3] or medical doctors generally [2] or public health physicians [1] or sports and exercise physicians [1] or cardiologists [1] Dieticians/nutrition specialists [2] Occupational therapists [2] Diabetologist [1] Lifestyle coaches [1] Personal trainers [1] Psychologists [1]
1. Demonstrate an understanding of and be able to apply contemporary behaviour change theory concepts and principles to movement behaviours at an individual, interpersonal, and community level*	0.5	High	68%	32%	0%	Physiotherapists [7] Exercise therapists/physiologists [6] Medical doctors [5] Nurses [3] Personal trainers [3] Occupational therapists [2] Dieticians [1]

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			Agree	Disagree (depends) ^c	Disagree	
						Lifestyle coaches [1]
19. Deliver individual level movement behaviour change advice that is tailored to personal needs and preferences	0.5	High	56%	41%	3%	Physiotherapists [9] Exercise therapists/physiologists [5] Medical doctors generally [4] or general practitioners [1] or sports and exercise physicians specifically [1] or cardiologists [1] Dieticians/nutrition specialists [2] Nurses generally [2] Personal trainers [2] Any health professionals specialising in exercise [1] Diabetologists [1] Lifestyle coaches [1] Occupational therapists [1] Psychologists [1]
4. Understand the underlying mechanisms that influence physical activity and sedentary behaviour (e.g. exercise physiology, biomechanics, functional anatomy, pathology, ageing, psychology)	0.5	High	53%	47%	0%	Physiotherapists [11] Exercise therapists/physiologists [5] Medical doctors generally [5] or sports and exercise physicians [2] or cardiologists [1] Occupational therapists [3] Community facing nurses [2] or nurses generally [1] Dieticians/nutrition specialists [2] Personal trainers [2] Diabetologists [1] Lifestyle coaches [1] Psychologists [1]
7. Describe concepts related to individualised physical activity prescription and programming	0.5	High	50%	44%	6%	Physiotherapists [12] Exercise therapists/physiologists [8] Medical doctors generally [3] or sports and exercise physicians specifically [1] or cardiologists [1] Personal trainers [3] Dieticians/nutrition specialists [2] Nurses [2] Diabetologists [1] Lifestyle coaches [1] Occupational therapists [1] Psychologists [1]
11. Understand and integrate technology to effectively support movement behaviour change	0.5	High	35%	53%	12%	Physiotherapists [8] Exercise therapists/physiologists [7]

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			Agree	Disagree (depends) ^c	Disagree	
(for example, telehealth and remote monitoring, mobile apps and e-Health interventions)						Medical doctors generally [3] or sports and exercise physicians [1] or cardiologists specifically [1] Dieticians/nutrition specialists [2] Occupational therapists [2] Personal trainers [2] Diabetologists [1] Lifestyle coaches [1] Nurses [1] Psychologists [1]
3. Demonstrate the ability to evaluate efficacy of evidence-based behaviour change theory and techniques in supporting sustainable movement behaviour change	0.5	High	32%	56%	12%	Physiotherapists [10] Exercise therapists/physiologists [7] Medical doctors generally [4] or sports and exercise physicians specifically [2] or rehabilitation physicians [1] or cardiologists [1] Dieticians/nutrition specialists [2] Nurses [2] Personal trainers [2] Psychologists [2] Physical activity experts [1] or those involved in research [1] Diabetologist [1] Lifestyle coach [1] Occupational therapists [1]
14. Select, administer and interpret contemporary measurement tools of movement behaviours and their relevant strengths and weaknesses (such as self-report questionnaires, device-based monitors and consumer wearables)	0.5	High	32%	56%	12%	Physiotherapists [9] Exercise therapists/physiologists [5] Medical doctors specifically [3] or sports and exercise physicians specifically [2] or rehabilitation physicians Dieticians/nutrition specialists [2] Personal trainers [2] Clinicians involved in exercise medicine only [1] Diabetologists [1] Lifestyle coaches [1] specifically [1] or cardiologists [1] Physical activity experts/researchers only [1]

Notes:

Highlighted cells denote competencies excluded from final list given level of agreement <80%

^aQD = Quartile deviation (Q3-Q1/2)

^cLevel of consensus determined by calculating quartile deviation (QD) using the formula Q3-Q1/2, and categorising level of consensus as high (QD ≤ 0.5), moderate (0.5 -1.0) or low (> 1.0)

^dDepends on profession and/or level of experience

^dWhere applicable (when participants rated “Disagree – depends on profession and/or level of profession), synthesised suggestions from participants as to professions/level of experience that would be relevant to this competency. [Square brackets] indicate number of participants