

Supplemental File 2: Summary of key themes derived from thematic analysis of first round responses

<p>Principles</p> <p>Health professionals need to understand and apply core principles associated with movement and apply health information related to the context of movement behaviour. They must be able to use this knowledge to develop evidence-based interventions in relation to movement behaviours, as well as evaluate all aspects of interventions in terms of efficacy and patient outcomes.</p>	<p>Health Promotion</p> <p>Health professionals need to understand key health promotion concepts, principles and values specifically related to the context of movement behaviours. They must demonstrate the ability to select appropriate movement behaviour and health promotion approaches to support health promoting actions in a variety of environments/settings. Health professionals also need to be able to use appropriate communication strategies in order to build relationships, provide appropriate recommendations and enhance patient movement behaviour outcomes. Additionally, they need to be aware of the public health policies that support the provision of movement behaviour change messaging for patients.</p>	<p>Change for Clinical Practice</p> <p>Health professionals need to understand key behaviour change theories, models and techniques specifically related to the context of movement behaviours. They must be able to apply their theoretical understanding in clinical practice to be able to develop and evaluate behaviour change interventions to enhance patient movement behaviour outcomes.</p>	<p>Assessment and measurement</p> <p>Health professionals must have an understanding of a variety of assessment and measurement tools in relation to movement behaviour and demonstrated ability to apply this in order to assess patient-centred needs and gaps.</p>	<p>Supporting sustainable change</p> <p>Health professionals need to be aware of the services available and referral processes for ongoing movement behaviour change support for patients beyond their own interactions with patients to ensure sustainable long-term behaviour change and continuity of community support. In addition, they need to have systems in place to document consultations relating to movement behaviour change and make efforts to integrate movement behaviour into standardized records, for example, keeping track of a patient's reported physical activity and sedentary behaviour in local documentation.</p>
<p>Resources</p> <p>Health professionals need to be aware of what resources are available to them for the provision of movement behaviour change interventions (including time, staffing, equipment, and physical space) and be able to adapt to deliver interventions within these constraints.</p>	<p>Time management</p> <p>Health professionals are likely to face limited time as a barrier to delivering movement behaviour change interventions. Health professionals need to be able to deliver these interventions efficiently with the time available to them.</p>	<p>Organisational factors and support</p> <p>Health professionals need to understand that the organisations and healthcare systems they work within can present barriers and/or enablers to the provision of movement behaviour change interventions and identify strategies to overcome and/or adapt to these factors.</p>	<p>Delivery of tailored-care</p> <p>Health professionals need to understand the complex determinants of movement behaviour (including sociocultural, biomedical, environmental and behavioural factors) and be able to readily adapt their interventions to cater to the individual needs, preferences and motivation of their patients.</p>	<p>Shared responsibility</p> <p>Health professionals need to be aware that the provision of movement behaviour change interventions is within their role as a health professional and take a team-based approach to support integration into standard practice, including by documenting movement behaviours as standard for patients.</p>