

### Supplemental File 3: Initial proposed key competencies developed following round one

*Health professionals are able to:*

1. Demonstrate an understanding of contemporary behaviour change theories and principles and how they apply to movement behaviours at an individual, interpersonal, and community level
2. Work with individuals using movement behaviour change (such as motivational interviewing) techniques and strategies to enhance motivation and adherence to positive long-term movement behaviours
3. Demonstrate the ability to select, apply, and evaluate efficacy of evidence-based behaviour change theory and techniques to support sustainable movement behaviour change
4. Understand the underlying mechanisms that influence physical activity and sedentary behaviour (e.g., exercise physiology, biomechanics, functional anatomy, pathology, ageing, psychology)
5. Demonstrate knowledge of local, national, and international movement behaviour guidelines across different populations
6. Define and explain the different types of movement behaviour (e.g. physical activity, physical activity intensity, and sedentary behaviour)
7. Describe concepts related to individualised physical activity prescription and programming
8. Demonstrate an understanding of both the independent and combined effects of total physical activity and sedentary time on health
9. Select, administer, and interpret measures relevant to movement behaviour
10. Demonstrate reflective practice in the context of movement behaviour change as part of continuing professional development
11. Understand and integrate technology to effectively support movement behaviour change
12. Use effective communication strategies to build therapeutic rapport and facilitate movement behaviour change
13. Recognise how the health professional's own movement behaviours can influence their engagement with movement behaviour change delivery
14. Apply knowledge of contemporary measurement tools of movement behaviours and their trade offs
15. Explain the importance of physical activity and sedentary behaviour in the public health context
16. Recognise the multifactorial determinants of movement behaviours
17. Consider the common barriers and facilitators to movement behaviours (including sociocultural, biomedical, environmental and behavioural factors)
18. Use person-centred approaches to facilitate shared decision making in movement behaviour change support

19. Deliver movement behaviour change that is tailored to individual needs and preferences
20. Recognise that all health professionals have an important role in supporting movement behaviour change
21. Take ownership over their role in the promotion of movement behaviour change
22. Support individuals to optimise movement behaviours through effective interprofessional collaboration
23. Apply processes for documenting movement behaviours to facilitate communication between health professionals and improve continuity of care
24. Recognise organisational barriers and facilitators to individual health professionals' provision of movement behaviour change
25. Contribute to and promote a positive movement behaviour change culture that supports its sustainable integration into wider clinical practice
26. Advocate for movement behaviour change as a priority area for clinicians, individuals (e.g. patients, clients), and organisations
27. Advocate for organisational support to facilitate the provision of movement behaviour change support
28. Deliver movement behaviour change support that is consistent with public health policy and campaigns
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
30. Practice effective time management to deliver movement behaviour change support efficiently
31. Apply knowledge of local movement behaviour change support schemes and their referral processes
32. Facilitate systems to optimise continuity of care and individual follow up in respect to movement behaviour change support

**Note:** Competencies are numbered for data organisation purposes only and listed in no particular order