

Exercise referral practitioner – School of Health, Social Work and Sport – Grade F

Job Description

Purpose

To oversee the day-to-day operations in the wellness centre, health and safety, cleanliness, and general maintenance of the facilities to ensure a high level of customer service. To conduct health checks and fitness assessments and design and deliver safe and effective exercise programmes. To supervise and mentor other fitness instructors in designing programmes. To work with centre manager to develop personal training, health and fitness classes and nutrition education programmes to meet the demands of clients and service users of the facility. To lead by example within the centre and when representing the centre on campus and offsite at events.

Duties

1. Assist in the supervision and mentoring of new fitness instructors
2. Operate all systems and processes at sports facilities e.g. membership, booking, access and financial systems, digital media, virtual service and other technology
3. Supervise all users of fitness facilities, proactively engaging with them to provide advice and instruction on training methods and techniques and all aspects of healthy lifestyles.
4. Conduct health checks, wellness center Inductions, Fitness Assessments and design Training Programmes.
5. Provide individual, innovative and professional personal training, goal setting and member coaching ensuring retention, engagement and a positive experience from members.
6. Lead group fitness classes suitable for a range of abilities and ages.
7. Monitor the effectiveness of programmes and adjust according to feedback.
8. Ensure health and safety on the gym floor is adhered to at all times.
9. Daily inspection, maintenance and cleaning of all equipment, reporting and recording of all faults of equipment and ensuring they are rectified.
10. Assist in recruitment and retention of members and promotion of sports services.
11. Data collection and analysis, conducting surveys and writing reports on usage and customer satisfaction with recommendations for business enhancement.
12. Provide cover and assistance for University colleagues as appropriate and demonstrate continuous personal and professional development.
13. Respond to any emergencies swiftly and efficiently
14. Carry out other duties commensurate with the post

Person Specification

Knowledge, Skills, and Behaviours (Essential)

- L3 or above Personal trainer qualification (CIMSPA) (Application).
- First Aid and CPR certification (Application).
- Recent significant experience in a fitness instructor or personal trainer role (Application/Interview).
- Experience leading group-based exercise (Application/Interview).
- Excellent communication skills and ability to work with diverse populations (Application/Interview).
- Willingness to help other make positive lifestyle changes (Application/Interview).
- Willingness to take up training and PDP opportunities (Application/Interview).
- An understanding of and demonstrable commitment to the Universities values (Achieving together, Creating Opportunities, Being Proud and Supporting all) as a framework for decision making, actions and behaviours (Application/Interview).

Knowledge, Skills, and Behaviours (Desirable)

- Have or be working towards BACPR instructor qualification (Application)
- Have a degree in Sports Science, Physical Education, Nutrition or a related discipline (Application).
- Hold specialist certifications (e.g. Pilates, conditioning) (Application).
- Passion to motivate other to make positive lifestyle changes (Application/Interview).
- Ability to work independently and as part of a team (Application/Interview).
- Experience in a supervisory role (Application/Interview).