



Job profile

Coach-Fitness Instructor

Grade E

Group: Corporate Resources

Service: Trading and Commercialisation

Location: Various

Line Manager: Business and Community Development Manager

Car User Status: Casual

Job Purpose

To deliver fitness classes and assist customers in meeting their goals.

The key roles of this post will include:

1. To deliver a diverse range of fitness classes to support the delivery of the fitness programme delivered across a range of facilities in Gateshead
2. To provide advice and instruction to customers to assist them to meet their personal goals.
3. Ensure the safe and proper use of all equipment and facilities by customers.
4. Undertake the inspection of equipment and facility areas as required.
5. Be responsive to the needs of customers and resolve any difficulties they may have.
6. To assist in the promotion, development and organisation of activity programmes
7. Undertake the required training programmes and participate in the Achievement and Development programme. Have a commitment to continued professional development.
8. Such other duties and responsibilities falling with the grade.



Knowledge & Qualifications

Essential:

Knowledge

- The expectations of customers within a leisure environment.

Experience

- Previous experience of delivering fitness classes.
- Working with customers/groups of people in any setting
- Effective communications with a range of people

Qualifications

- Level 2 Exercise to Music or equivalent,
- Basic literacy and numeracy skills

Desirable:

Knowledge

- Key principles of a healthy lifestyle and how this impacts upon physical activity behaviours
- The National Occupational Standards for fitness
- REPs Code of Ethics
- Safeguarding

Experience

Qualifications

- Level 3 or level 4 specialist population certificate
- Pre-post natal certificate or equivalents
- Walk leader, Cycle leader,
- First Aid qualified
- at least 2 other additional workshop qualifications i.e. metafit, indoor cycling, aquafit



Competencies

Customer Focus	Puts the customer first and provides excellent service to both internal and external customers
Communication	Uses appropriate methods to express information in a clear and concise way to make sure people understand
Team Working	Works with others to achieve results and develop good working relationships
Making things happen	Takes responsibility for personal organisation and achieving results
Flexibility	Adapts to change and works effectively in a variety of situations
Learning and Development	Actively improves by developing and applying new skills and knowledge and learns from past experiences