



# South Tyneside Council

## BUSINESS AND RESOURCES

### PERSON SPECIFICATION

**POST TITLE:** Gym Instructor

**GRADE:** Band 3

	ESSENTIAL	DESIRABLE	METHOD OF ASSESSMENT
<b>Educational Attainment</b>	<ul style="list-style-type: none"> <li>NVQ Level 2 Gym Instructor qualification</li> </ul>	<ul style="list-style-type: none"> <li>GP referral accredited course (NOS/NVQ Level 3)</li> <li>A current First Aid at Work qualification</li> <li>Disability sport/inclusive fitness qualification</li> </ul>	<ul style="list-style-type: none"> <li>Application form</li> <li>Certificates</li> </ul>
<b>Work Experience</b>	<ul style="list-style-type: none"> <li>Experience of working in a health and fitness environment</li> <li>Experience of carrying out fitness assessments and inductions</li> </ul>	<ul style="list-style-type: none"> <li>Experience of working with special populations</li> <li>Personal training experience</li> <li>Experience of providing advice and guidance in terms of lifestyle issues</li> <li>Sales experience</li> </ul>	<ul style="list-style-type: none"> <li>Application form</li> <li>Interview</li> <li>References</li> <li>Work based scenario</li> </ul>
<b>Knowledge/ Skills/ Aptitudes</b>	<ul style="list-style-type: none"> <li>Knowledge of the principles of exercise programming and design</li> <li>Able to communicate confidently and effectively with colleagues and members of the public</li> <li>Able to explain detailed information and keep up to date with changes to facility programmes and memberships</li> <li>Able to resolve enquiries, and problems using own initiative</li> </ul>	<ul style="list-style-type: none"> <li>IT literate</li> <li>Customer care training</li> <li>Safeguarding training</li> <li>Health and safety training</li> <li>Health promotion training</li> <li>Understanding of the fitness industry and new trends</li> <li>Knowledge of business development and income growth</li> </ul>	<ul style="list-style-type: none"> <li>Interview</li> <li>References</li> <li>Work based scenario</li> </ul>
<b>Disposition</b>	<ul style="list-style-type: none"> <li>A commitment to customer service, and responsiveness to the needs of stakeholders</li> <li>Able to work as part of a team</li> <li>Affable nature, flexible, amiable personality, dependable, ability to work under pressure</li> </ul>		<ul style="list-style-type: none"> <li>Interview</li> <li>References</li> </ul>

	<ul style="list-style-type: none"> <li>• Self-motivated and enthusiastic</li> <li>• Considerate and diplomatic</li> <li>• Committed to promoting health improvement and lifestyle change</li> <li>• Flexible approach to work with ability to adapt to changing service demands</li> <li>• Committed to the principles of equality and diversity</li> </ul>		
<b>Circumstances</b>	<ul style="list-style-type: none"> <li>• Able to work unsociable hours, if required</li> <li>• Prepared to work from various service locations</li> <li>• Enhanced clearance from the Disclosure and Barring Service</li> </ul>		<ul style="list-style-type: none"> <li>• Interview</li> <li>• DBS check</li> </ul>