

TYNE AND WEAR FIRE AND RESCUE SERVICE

PERSON SPECIFICATION

HEALTH AND FITNESS ADVISOR

CATEGORY	CRITERIA	MEASURE
EDUCATION/ QUALIFICATIONS	<ul style="list-style-type: none"> • Member of register of exercise professionals (REPS) level 3 or qualification for entry to REPS at level 3 • First aid at work • Sports science degree or • Qualification in or willingness to gain qualifications in additional qualifications of reference for example in, strength and conditioning/nutrition 	AF/C/I
WORK EXPERIENCE	<ul style="list-style-type: none"> • Experience of working within the fitness industry • Experience of conducting one-on-one fitness testing • Experience of prescribing and delivering fitness programmes • Previous customer service experience • Health and safety regulations and safe working practices • Awareness of the Health and fitness industry • Up to date exercise related trends • Manual handling techniques • Knowledge of excellent customer service techniques and practice • Knowledge and ability to create individual fitness and exercise routines based on individual needs 	AF/I/R
SKILLS/ KNOWLEDGE/ APTITUDE	<ul style="list-style-type: none"> • Working knowledge of Fire Service national fitness standards • Ability to lead and motivate • Excellent communication and inter personal skills with a good understanding of exercise behavioural change strategies • Excellent customer service skills • Ability to communicate clearly and accurately both orally and in writing • IT literacy skills (word, excel, email) • Ability to stay calm when under pressure / in emergency situations • Outgoing, enthusiastic, positive, 'can do' attitude • Professional in behaviour, appearance and communication • Ability to work using own initiative and ability to work as part of a team • Strong interest in the wellbeing and enjoyment of others 	AF/I
OTHER	<p>Must be able to work to a flexible working scheme, which may include some weekends/evenings.</p> <p>Knowledge of Health and Safety issues</p> <p>Knowledge of Equality and Diversity issues</p>	AF/I

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	<p>You must be able to meet the transport requirements of the role.</p> <p>NB: This post may be subject to an enhanced DBS check prior to appointment</p>	
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MEASURE CODE

AF - Application form
AC - Assessment centre
I - Interview
C - Certificates
R - References