



## Coach-Fitness Instructor

## Grade E

**Group:** Public Health & Wellbeing

**Service:** Leisure Services

**Location:** Various

**Line Manager:** Operations Manager

## 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, Experience & 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