

Person Specification

Gym Instructor

All of the following requirements are essential, unless marked with a * when they are desirable and will be assessed from a combination of information provided from the application form, extended interview process, panel interview and references:

1. Education and Qualifications	Application	Interview
Educated to GCSE (or equivalent) level including Grade C and above in maths and English	✓	
Level 2 qualification in gym instruction	✓	
Diploma in personal training	✓*	
Evidence of professional development	✓	
First aid qualification	✓*	

Skills and Experience	Application	Interview
Good knowledge of sport, exercise and fitness field	✓	✓
An understanding of the issues facing disabled people	✓	✓
Ability to design creative, individualised, exercise plans	✓	✓
Experience of working with people with acquired disabilities or health needs	✓*	✓*
An understanding of and commitment to promoting independence of clients	✓	✓
Experience of supporting individuals to achieve goals	✓	✓
Ability to teach gym activities and give appropriate exercise advice	✓	✓
An understanding of the need for client confidentiality		✓
Ability to work as part of a team	✓	✓
Ability to plan and work under own initiative	✓	
Experience of record keeping and report writing	✓	✓
Computer literate and familiarity with database input	✓	✓
Excellent time management skills	✓	✓
Excellent understanding of and adherence to health and safety procedures	✓	✓

2. Personal Attributes / Qualities	Application	Interview
A positive and enthusiastic approach to work		✓
Ability to motivate and inspire others		✓
Commitment to and understanding of equal opportunities	✓	✓

Commitment to working within the Social Model of Disability	✓	✓
A flexible approach to duties and working pattern		✓
Willing to undertake an enhanced DBS check		✓