



South Tyneside Council

BUSINESS AND RESOURCES

PERSON SPECIFICATION

POST TITLE: Gym Instructor

GRADE: Band 3

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

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