



Job Description

Service:	One Leisure Active Lifestyles
Job title:	Physical Activity & Exercise Specialist
Grade:	E
Hours of work:	Permanent (37 hours)
Responsible to:	Activity Coordinator (Exercise Referral)
Responsible for:	No members of staff
Direct reports:	None
Indirect reports:	None
Budget:	N/A

Purpose of Post:

The purpose of the post is to support and enable Huntingdonshire residents to be more active and improve their health and wellbeing.

We want to increase the percentage of the population in Huntingdonshire achieving national physical activity guidelines.

The post holder will be responsible for the delivery of safe and effective physical activity prescription on the Exercise Referral Scheme as well as supporting other Active Lifestyles programmes.

SPECIFIC FOCUS:

1. People who are inactive (less than 30mins a week of moderate physical activity)
2. People with Long Term Health Conditions (LTHC) including:
 - a. Cancer
 - b. CVD risk factors (hypertension, diabetes and obesity)
 - c. Heart conditions (CHD, CVD, Heart Failure)
 - d. Mental Health
 - e. Respiratory diseases (Asthma, COPD, Long Covid)
 - f. Degenerative neurological conditions (Parkinsons, Dementia)
3. Older Adults & Preventing Frailty (including Falls Prevention and rehabilitation)
4. Children & Young People
5. Healthy Weight (including Children, Young People and Adults)

Key Deliverables:

1. To organise, lead, develop, support, and deliver inclusive and sustainable activity programmes and education sessions.
2. To organise and provide inclusive exercise programmes for special populations, individuals with long term health conditions, and individuals on the Exercise Referral Scheme. These individuals may have a range of medical conditions impacting both physical and mental health.
3. To be responsible for: the safe delivery of activities, following procedures regarding the safety of participants (including less mobile and disabled people), and the supervision of HDC equipment and property at a wide range of sites including non-HDC operated venues.
4. To offer information, advice and guidance to individuals and organisations on exercise and physical activity issues particularly in relation to people with long term health conditions or those requiring additional support to exercise.
5. To work in partnership with key statutory organisations, voluntary organisations and community groups including General Practitioners, PCNs (Primary Care Networks), Hospital Trusts, Occupational Therapists, Practice Nurses, Physiotherapists, One Leisure Facilities and Living Sport (County Sports Partnership) to improve and influence the quality and quantity of physical activity opportunities in the district.
6. To ensure all administration, monitoring and evaluation is completed fully and accurately within deadlines and in accordance with corporate performance management systems, national guidance, and partner requirements.
7. To ensure all activities adhere to Council policies and procedures including Health and Safety, Safeguarding, Privacy and Equal Opportunities.
8. To assist the Active Lifestyles Team to be the best it can be including supporting others, working collaboratively, and ensure that customers are at the heart of all our thinking.
9. To promote and market all opportunities for physical activity including the use of the website, news releases, events, print, social media, social marketing, and other promotional tools as appropriate and in accordance with the service marketing plan.

10. To ensure activities and programmes are delivered within set budgets and within agreed deadlines.
11. To represent the Service through attendance and participation at local, county, and regional multi-agency events and meetings to contribute to the work of the Service.
12. To assist the Active Lifestyles Management Team with the development, delivery, support, and implementation of all programmes within the Active Lifestyles Service Plan including sport-based programmes where appropriate.
13. To carry out day to day procedures including taking registers, the collection of fees (where applicable) and equipment checks to ensure the safe operation of activities
14. To perform such other duties from time to time as may be reasonably required.

SPECIFIC RESPONSIBILITIES


- Deliver Physical Activity Schemes across the district including one to one and groups exercise formats in accordance with relevant NICE or subsequent national guidance. This will include all administration (IT based, and paper based), face to face appointments, inductions, fitness assessments and continuous monitoring for clients, delivering group exercise sessions.

Special Conditions

- The hours of work will be flexible and will include weekdays, evenings, weekends and occasionally Bank Holidays. At the Active Lifestyles Management team's discretion hours may be varied to meet the changing demands of the service.
- The post holder will be required to wear a uniform provided by the Council.
- The post holder may be required to complete an enhanced Criminal Records check.
- The post holder will require access to a vehicle and a current valid driving licence with appropriate insurance.
- Qualifications should be current and would be eligible to be accepted as an entry Level 3 award on the National Qualifications Framework (NQF, CIMSPA or equivalent)
- Maintain current NOP qualifications (e.g. first aid / safeguarding)
- The post holder will be required to undertake further education as part of the role including first aid, and other relevant level 2, 3 or 4 exercise qualifications.
- This job description is intended only as a guide to the range of duties involved. The post holder will need to be flexible and adaptable to respond to other duties that may be required from time to time and the changes and developments within HDC.

<p>Knowledge and Qualifications</p> <p>(E) – Essential</p> <p>(D) – Desirable</p>	<p>Current Level 3 Exercise Referral Qualification (E)</p> <p>Relevant Level 4 Exercise Instructing qualifications (e.g., cardiac, PSI, COPD etc.) (D)</p> <p>Exercise for Older People/Special Populations Certification (e.g., OTAGO/Chair Based/Postural Stability or similar) (D)</p> <p>Other level 2 or 3 exercise qualifications (e.g., aqua, spin, Pilates etc.) (D)</p> <p>An understanding of the barriers to regular participation in sport or physical activity to the population as a whole (E)</p> <p>Thorough proven knowledge of the health benefits and potential implications of physical activity in relation to:</p> <ul style="list-style-type: none"> • primary and secondary prevention of medical conditions • older adults. (E)
<p>Experience</p>	<p>Able to demonstrate significant proven experience of working in a physical activity or fitness environment with an emphasis on improving health & wellbeing. (E)</p> <p>A proven record of delivering high quality, safe and effective exercise prescription both within a 1 to 1 and group setting. (E)</p> <p>Experience of working with special population clients (e.g. cardiac, cancer, COPD etc.) (D)</p> <p>Experience of working with those with dementia or in a care or residential home setting (D)</p>

<p>Skills and Abilities</p>	<p>Evidence of working as part of a team (E)</p> <p>Ability to work unsupervised and to use own initiative to make decisions in an effective and efficient manner (E)</p> <p>Good organisational skills to enable you to deal effectively and efficiently with a wide range of programmes, issues, and enquiries. (E)</p>
<p>Decision making and Impact on others</p>	<p>Although working in a framework some degree of making judgements will be necessary, particularly in relation to service delivery issues.</p> <p>Staff are working at various sites without immediate supervision or line management therefore decisions must be taken routinely regarding the safe operation of activities e.g., ratios of staff to participants, unsafe equipment etc.</p> <p>Staff working at community venues may be required to be a key holder, handle payments and be prepared to lone work.</p>
<p>Communication with Internal and External Customers</p>	<p>Must be confident in communicating with customers.</p> <p>Representing the Active Lifestyles team in a professional and polite manner</p> <p>Internal customer contact 20%</p> <p>External customer contact 80%</p>
<p>Personal attributes & other requirements</p>	<p>Ability to travel throughout the district.</p> <p>A flexible approach to working hours.</p> <p>A commitment to providing equal opportunities.</p> <p>Confident to deal with clients/participants presenting with a</p>

	<p>vast array of complex medical conditions and functional abilities.</p>
<p>HDC values</p> 	<p>The values outlined below reflect our collective positive attitude and how all staff are expected to work together as one team.</p> <p>Inspiring: We have genuine pride and passion for public service; doing the best we can for customers matters to us all.</p> <p>Collaborative: We achieve much more by working together, and this allows us to provide the best service for customers.</p> <p>Accountable: We take personal responsibility for our work and our decisions, and we deliver on our commitments to customers.</p> <p>Respectful: We respect people’s differences and are considerate to their needs.</p> <p>Enterprising: We use drive and energy to challenge the norm and adapt to changing circumstances. We are always ready for challenges and opportunities, and we embrace them.</p>

Safeguarding and promoting the welfare of children and young people/vulnerable adults

Huntingdonshire District Council is committed to Safeguarding and promoting the welfare of children and vulnerable adults and expects all staff and volunteers to share this commitment.

- Ability to safeguard and promote the welfare of children and young people/vulnerable adults
- Demonstrates understanding of safeguarding issues
- Appreciates the significance of safeguarding and interprets this accurately for all individual children and young people/vulnerable adults whatever their life circumstances.
- Has a good understanding of the Safeguarding agenda
- Can demonstrate an ability to contribute towards a safe environment
- Is up-to-date with legislation and current events
- Can demonstrate how they have promoted ‘best practice’
- Shows a personal commitment to safeguarding children