



## HEALTHY LIFESTYLE INSTRUCTOR/ADVISOR

(2 year fixed term contract - contract extension is subject to further funding)

30 hours per week

Scale 4 - £18,070 - £20,138 pro rata

**Are you self-motivated, enthusiastic and a committed exercise professional that could help us deliver and develop our GP Exercise referral programme within the Forest of Dean district?**

**Would you like to make a real difference to the health and well-being of local people?**

**We are looking for an experienced, well qualified Exercise Professional to deliver Individual and group exercise for continued rehabilitation (including Cardiac and Falls Prevention).**

**You will be working in a small team, where the post has been made possible by partnership funding. The main purpose of the role is to deliver, monitor and develop the various referral pathways provided by the Healthy Lifestyles Team; including Cardiac, Cancer and Respiratory Rehab, Falls Prevention and Weight Management. There will be a particular focus on older peoples exercise for this role and delivery of Falls Prevention exercise would be an advantage.**

**You will provide one to one consultations for referred individuals and provide recommended exercise options, including group, individual and home exercise, plus signposting to other local, appropriate exercise and activity opportunities. You will need to have a full driving licence and have access to your own vehicle as you will be expected to travel between community venues in the Forest of Dean locality.**

**For an informal discussion regarding the post, please contact our Healthy Lifestyles Co-ordinator Gary Deighton 01594 812399 or the community engagement manager on 810000.**

**Appointment is subject to satisfactory references, medical clearance and an enhanced Disclosure and Barring Service Check.**

For an application pack please go to [www.fdean.gov.uk](http://www.fdean.gov.uk) to download the job description and person specification or email [vacancies@fdean.gov.uk](mailto:vacancies@fdean.gov.uk)

**Closing date for receipt of applications: 4.00 p.m. on Friday 18<sup>th</sup> August 2017  
Interviews scheduled to take place week beginning 4<sup>th</sup> September 2017**



## **JOB DESCRIPTION**

<b><u>JOB TITLE:</u></b>	Healthy Lifestyle Advisor/ Instructor
<b><u>GROUP:</u></b>	Community, Client and Commercial– Community Engagement
<b><u>RESPONSIBLE TO:</u></b>	Healthy Lifestyles Coordinator/ Community Engagement Manager

### **PRINCIPLE PURPOSE OF JOB**

To facilitate and promote the benefits of physical activity, encouraging the adoption of healthy lifestyles, particularly amongst the inactive and to provide one to one exercise and activity advice to people with low to moderate risk medical conditions and who have been referred by their clinician for a healthy lifestyles intervention within a Community setting.

To provide community based rehabilitation classes for higher risk individuals and to be able to deliver on one or more of the specific pathways of Falls Prevention, Weight Management, Respiratory, Cancer and Cardiac rehabilitation.

### **SPECIFIC DUTIES AND RESPONSIBILITIES**

1. To work within the FODDC protocols of the exercise referral scheme by providing one to one consultations with clients referred by their GP, Nurse or Physiotherapist, offering them advice and guidance on lifestyle changes (exercise and diet) and goal setting.
2. To work with individuals, and act as a point of contact, identifying their readiness to change, as well as providing recommendations for specific exercise to an individuals' lifestyle, providing ongoing support and motivational interviewing for this adaptation, with the outcome being individual empowerment within the setting.
3. To provide exercise recommendations based on the medical condition, motivation, resources and lifestyle. Recommendations may include lifestyle changes, community or leisure centre based exercise sessions or more specialised classes such as weight management, Cardiac rehab, respiratory rehab and falls prevention. Home and gym exercise programme prescription, reviews and outdoor activity setting for specific populations.
4. Data collection (client details and medical information). Monitoring a clients' progress, liaising with the GP and reporting this progress to them is part of the role. You will also signpost referred individuals to other council, community or NHS services
5. To develop a relationship with the surgeries, hold drop in sessions for patients to attend and to work in communities to help support people into a healthy lifestyles option.
6. To attend meetings related to exercise on referral as required by the Community Engagement Manager or the Healthy Lifestyles Coordinator
7. Ensure all duties and responsibilities associated with the post are carried out with due regard to health and safety best practice, equal opportunities procedure and follows financial regulations

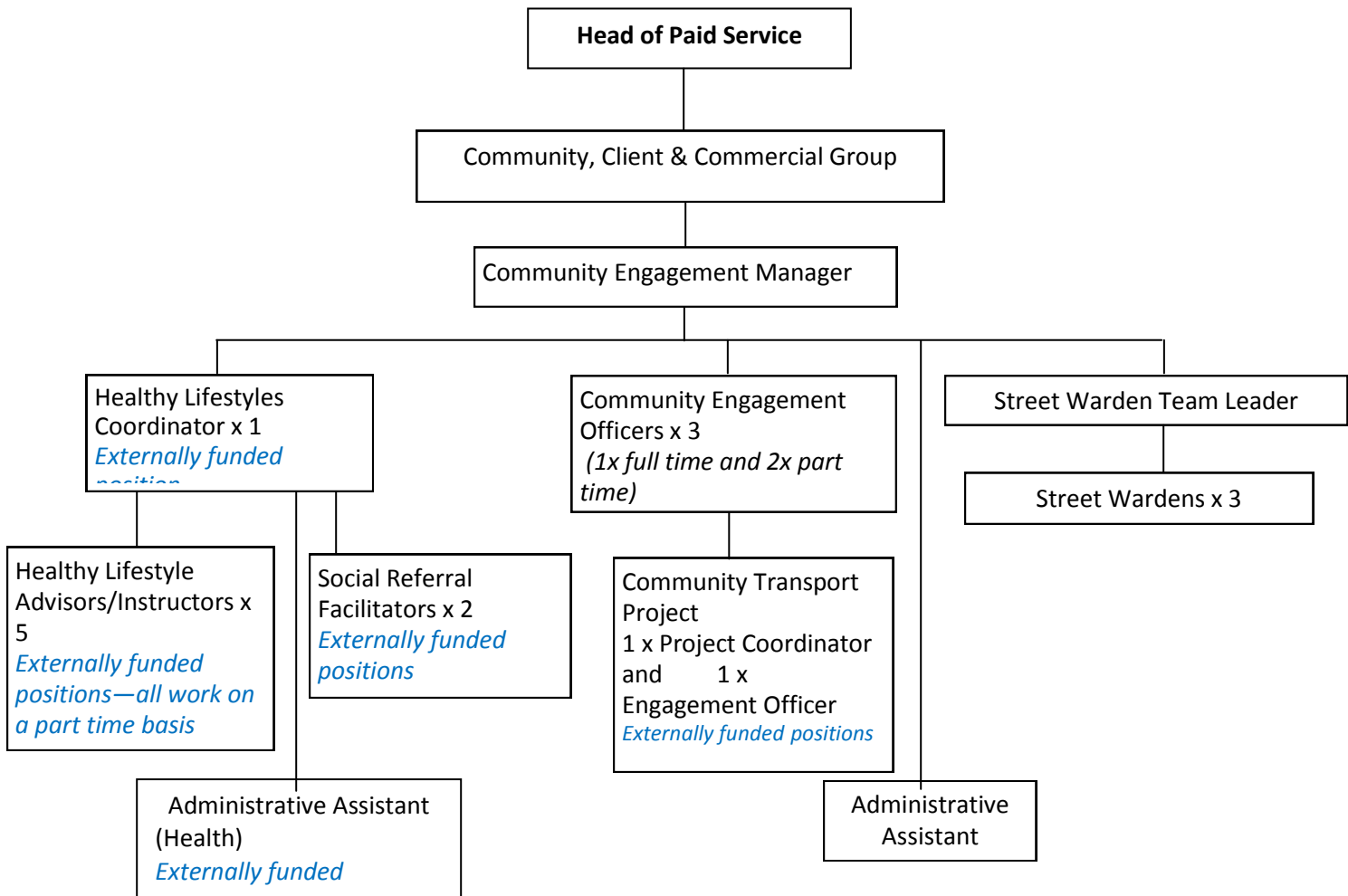
Other. Any other duties in accordance with the development of health and physical activity appropriate to the grade of the post.

## QUALIFICATIONS and EXPERIENCE REQUIRED IN ROLE

- Significant exercise experience with individuals who have long term conditions
- Recognised Exercise Referral certificate (Level 3), Personal Trainer Qualification
- Older Adult Exercise experience Otago training and willingness to undertake further training as required.
- Level 4 specialist instructor certificates would be an advantage such as BACPR Phase 4, Falls Prevention(PSI)

## ORGANISATION CHART

### Team Structure



This Job Description will be reviewed annually as part of the postholder's Performance Development Appraisal (PDA) and, when vacant, prior to commencement of the recruitment process.

Date of Review: **OCTOBER 2018**

## FOREST OF DEAN DISTRICT COUNCIL – PERSON SPECIFICATION

**Post Title:** Healthy Lifestyle Advisor/ Instructor

**Post Number:**

	Method of Assessment				
	Essential	Desirable	Application Form	Interview	Test
<b>SKILLS</b>					
Excellent verbal communication and inter-personal skills	✓		✓	✓	
Ability to lead and maintain safe and effective physical activity programmes and to increase participation to them	✓		✓		
Ability to motivate both individuals and groups and support behaviour change	✓		✓	✓	
Commitment to addressing inequalities in health	✓		✓	✓	
Creative, enthusiastic and innovative	✓		✓	✓	
Self-starter and able to work under own initiative, but also as a team player	✓		✓	✓	
Good time management and punctuality	✓			✓	
High level of organisational skills	✓		✓		
<b>EXPERIENCE AND KNOWLEDGE</b>					
A good understanding of the barriers to exercise and effective strategies to support behaviour change	✓			✓	
A thorough understanding of health and safety issues surrounding physical activity	✓		✓		
A good understanding of the health and fitness industry	✓		✓	✓	
Experience of pre-screening and assessing patients for suitability to exercise and to prescribing appropriate safe and effective exercise for a wide variety of individuals	✓		✓		
Experience in planning and leading exercise sessions for physical activity and maintaining participation	✓		✓	✓	
Experience in working within the fitness industry in a variety of settings for example public leisure centres, private health clubs, rurally based leisure provision – village and school halls etc	✓		✓		

Entered onto the Register of Exercise Professionals (REPs) Level 3/4		✓	✓		
<b>EDUCATION</b>					
Good general education	✓		✓		
GP Exercise Referral or equivalent (REP's level 3)	✓		✓		
Other health and fitness related qualifications (Older adults, Falls prevention, smoking cessation, weight management etc)		✓	✓		
BACPR qualification or working towards	✓		✓		
Falls Prevention Exercise Qualification (PSI) or Otago/ Equivalent experience	✓		✓		
First Aid Qualification		✓	✓		
<b>GENERAL</b>					
Use of a car and a full driving licence	✓		✓		
Ability to work outside normal office hours as required	✓			✓	
A demonstrable personal commitment to physical activity and the benefits it has for a healthy lifestyle	✓		✓		
Committed to providing a high quality service	✓			✓	
Demonstrates an understanding and a willingness to project and promote values, aims and objectives of the project	✓		✓		