

## PERSON SPECIFICATION

### FITNESS ADVISOR

Skills	Requirements	E/D	Measurement
<b>Personal Skills</b>	Good communication skills	E	3
<b>Personal Skills</b>	Able to work within a team environment as well as an individual	E	3
<b>Personal Skills</b>	Ability to use a computer	E	1,3
<b>Personal Skills</b>	Sales skills	D	1,3
<b>Experience</b>	Operation of a direct debit payment system	D	1,3
<b>Experience</b>	Induction process of new clients to facility	E	1,3
<b>Experience</b>	Operation of GP exercise referral scheme	D	1,3
<b>Experience</b>	Day to day supervision of fitness facility	E	1,3
<b>Experience</b>	Designing exercise programmes for customers	E	1,2,3
<b>Attainments/ Qualifications</b>	Relevant industry related qualification i.e. Level 2 qualification in gym instruction or equivalent	E	1,4
<b>Attainment/ Qualification</b>	GCSE Maths/English	D	1,4
<b>Attainment/ Qualification</b>	GP exercise referral certificate	D	1,4
<b>Attainment/ Qualification</b>	British Association of Cardiac Rehabilitation certificate	D	1,4
<b>Attainment/ Qualification</b>	Exercise to music certificate	D	1,4
<b>Knowledge</b>	Knowledge of physiology	E	3
<b>Knowledge</b>	Essential components of a training session	E	3
<b>Knowledge</b>	Health and Safety regulations relating to Health and Fitness	D	3
<b>Special Requirements</b>	You will be required to complete a Disclosure & Barring Application (DBS) if offered the position.	E	5

**Car Allowance:**

This post does not carry a designated car user status.

**E/D:**

Essential (E)

Desirable (D)

**Measure:**

1. Application form
2. Test after shortlisting
3. At interview
4. Documentary evidence
5. Other [please specify]