

Person Specification

GYM INSTRUCTOR

| | Criteria | Essential | Desirable | How Identified |
|---------------------------|--|-----------|-----------|--------------------------------|
| Qualifications | Fitness Qualification Level 2 or above | ✓ | | Certificate |
| | Emergency First Aid at Work Qualification | | ✓ | Certificate |
| | Personal Trainer Qualification | | ✓ | Certificate |
| Experience | Previous fitness industry / gym environment experience | ✓ | | Application form and interview |
| | Experience of delivering gym inductions and/or reviews | ✓ | | Application form and interview |
| Special Aptitude / Skills | Ability to prepare, maintain and clean gym equipment, including previous experience | ✓ | | Application form and interview |
| | Good understanding of nutrition, human anatomy and fitness programmes | ✓ | | Application form and interview |
| | Ability to follow procedures and policies | ✓ | | Application form and interview |
| | Organisational Skills | ✓ | | Application form and interview |
| | Good level of communication and interpersonal skills | ✓ | | Application form and interview |
| Knowledge | Knowledge of relevant fitness procedures, protocols and standards, including health and safety | ✓ | | Application form and interview |
| | Member of REPs (Register of Exercise Professionals) | | ✓ | Application form and interview |
| | Knowledge of safeguarding protocols | ✓ | | Application form and interview |
| Disposition / Attitude | Professional and smart approach and appearance | ✓ | | Application form and interview |
| | Enthusiastic, positive and motivated | ✓ | | Application form and interview |
| | Friendly and approachable | ✓ | | Application form and interview |
| | Embrace change and new ways of working | ✓ | | Application / Interview |

Short-listing Comments

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Outcome: Interview / Hold / Regret

