

Person Specification

Personal Trainer

	Criteria	Essential	Desirable	How Identified
Qualifications	Personal Trainer Qualification Level 3 or above	✓		Certificate
	Emergency First Aid at Work 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

