

Exercise Therapist

Person Specification

Essential qualifications and registration
BSc (Hons) Exercise Science or equivalent
BACPR Cardiac Exercise Instructor
Postural Stability Instructor for Falls Prevention (Later Life Training)
Registration with a recognised Professional Body e.g. CIMPSA / BASES / BACPR
Public liability and professional indemnity insurance
Essential skills and experience
Understanding of and experience working with older adults, disabled adults and those managing long-term health conditions.
Excellent personal and inter-personal skills.
Excellent written and verbal communication skills.
Excellent listening skills with the ability to adopt appropriate and adapt style and methods of communication.
Excellent ability to receive, understand and convey information and ideas effectively to others.
Excellent organisational skills including administrative, resource and time management, ability to establish and coordinate systems and processes.
IT skills including Microsoft Office and databases.
A collaborative team player able to work well with others within and outside of the organisation.
Self-motivated with the ability to set and manage priorities.
A flexible approach to work and a changing environment.
Desirable training, skills and experience
Level 4 Specialist Advanced Instructor (BLF, ARNI)
First Aid Certificate
DBS Certificate and registration with DBS Update Service
Knowledge of the charitable and community sector inc. Valley Leisure Ltd
An understanding of behaviour change and experience in using motivational interviewing
An understanding of partnership working
An understanding of volunteering and the benefits that volunteers bring to an organisation