

Designation:	Healthy Lifestyles Officer (Children and Young People)
Grade:	Stroud Grade 3
Responsible to:	Health and Wellbeing Officer
Service Area:	Health & Wellbeing
Post Number:	

ESSENTIAL CRITERIA

QUALIFICATIONS

- Fitness Instructor (Level 2)
- GP Referral Qualification (level 3)

EXPERIENCE

- Experience in the Health and Fitness Industry
- Experience of co-ordinating or working on GP referral or health promotion scheme

SKILLS & KNOWLEDGE

- Proficient in the use of MS Office IT packages e.g. Word, Excel,
- Excellent written and verbal communication skills.

PERSONAL ATTRIBUTES

- Committed to providing excellent customer service.
- Ability to manage own time and work load.
- Ability to work unsupervised
- Enthusiasm for Health and Fitness.

OTHER

- Committed to working for an employer that values diversity and equality of opportunity

DESIRABLE CRITERIA

QUALIFICATIONS

- Advanced Fitness Instructor (REPS Level 3)
- Adapting Fitness Instruction for Adolescents (Level 2)
- Adapting Exercise for Ante Natal and Post natal clients (Level 3)
- 5 GCSE's or Equivalent
- First aid qualification (within past 2 years)
- REPS Level 4, Postural Stability Instructor, Cardiac Rehabilitation Phase IV, Pulmonary Rehab
- Health related qualifications
- Youth Work Level 3 qualifications

EXPERIENCE

- Experience of working with children and families

SKILLS & KNOWLEDGE

- An awareness of health promotion

CORE COMPETENCIES

1. **Effective Communication**

You will be able to communicate clearly and effectively with a diverse range of people.

You can vary your communication dependant to your customer, using effective listening with the ability to persuade and influence where appropriate.

2. **Customer Focus**

You are able to deliver the highest quality of service to our customers, both internal and external.

You will strive to deliver a consistently high quality service, with commitment o understanding and meeting their needs, inline with policies.

3. **Working Together**

You will be able to work co-operatively with colleagues and partners to achieve results and develop good working relationships.

You will be able to focus on the development of yourself and colleagues in order to enhance performance, motivation and ability to change.

4. **Innovating**

You will be able to seek better, more effective ways of delivering services.

5. **Accepting Change**

You will be able to adapt to new work challenges and situations, adopting a positive attitude to change.

6. **Supporting the delivery of SDC priorities**

You will be able to demonstrate an understanding of and commitment to the Council and its Services.

You will be able to demonstrate how your work supports and meets the needs of the service.

Outer layers of the [competency framework](#) apply with Management and Leadership roles.