

CINO116500 – Fitness Instructor

Hours:	20 hours per week, 36 weeks per year
Salary:	£24,528 - £26,745 Pro-rata
Actual Salary:	£10,167 - £11,086 Per Annum
Duration:	Permanent
Location:	Colchester

Colchester Institute's mission is to deliver first-class education, professional development and technical skills training to develop careers and strengthen the local economy.

Equipped and designed with fitness and wellness in mind, our innovative newly equipped gym officially opened to staff and students this term.

The gym features ultra-modern equipment including the latest cardiovascular machines, free weights and 'Tanita' scales which monitor and measure body composition. The suite of high-tech apparatus includes ergonomically designed non-motorised treadmills that give the athlete the experience of running at full speed and 'smart' fitness equipment with interactive consoles that store personalised training programmes and connect with personal devices.

With fitness and exercise an integral part of the Colleges Sports programmes, our newly equipped gym provides the perfect setting for students to plan and deliver sports sessions, carry out fitness tests, and create training programmes.

The gym will also be used by students on a wider range of programmes including Health and Social Care and Public Services.

The successful candidate will hold a CYMCA Fitness Instructor level 2 Award (or equivalent) and will have experience of inducting staff and students to a range of fitness equipment.

If successful, you will be welcomed to the College with a full induction programme to support you in your new role. The College is also committed to staff development and offers an excellent staff benefits package.

Closing date:	20th September 2021
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To apply please complete our Application form on our website.

Please contact Human Resources on jobline@colchester.ac.uk or call 01206 712333 if you have any queries or would like further information.

Additional Information

Colchester Institute is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

We strive to be an Equal Opportunities employer. All applicants who are offered employment will be subject to a Criminal Records check from the Disclosure and Barring Service.

Please visit our website www.colchester.ac.uk to obtain further details about the College.

Colchester Institute Job Description

Job Title:	Fitness Instructor
Regulated Activity:	Yes
Responsible To:	Area Head of Public Services and Sport
Line Management of other staff:	No
Location:	Colchester
Salary:	Range S23-26

Purpose Statement:

To work within the Public Services and Sport team, providing a range of technical and operational support services for staff and students in the new fitness gym.

Main Duties & Responsibilities:

1	To supervise the gym; ensuring the safe, secure and effective operation, maintenance and repair of the equipment and facilities adhering to health and safety regulations established by Technogym and Colchester Institute.
2	To undertake medical screening for staff and students.
3	To help promote the new gym and increase gym usage within the College.
4	To carry out an induction for staff and students.
5	To help staff/students to devise an individual programme once the medical screening, payment and induction has taken place.
6	To provide support and assistance to staff and students using the equipment.
7	To report safety hazards if unable to rectify them personally, and implement safe working practice through adherence to relevant regulations and codes of practice.
8	To advise other relevant members of staff when materials and other items need to be ordered and assist in that process, including liaising with suppliers and representatives.
9	Monitor and manage gym staff members on MyWellness cloud and college systems.
10	To develop and update personal professional expertise in the relevant areas.
11	Adhere to and promote the College's Safeguarding, Equality & Diversity, College Values and Health and Safety policies and practices.
12	To undertake any other associated duties determined by the college.

This job description is current as the date shown. It may be amended in any way following consultation with the post holder to take account of changes or anticipated changes in the organisation or management of Colchester Institute

Colchester Institute Person Specification

Position: Fitness Instructor

	Essential	Desirable	How is this assessed?
Qualifications			
CYMCA Fitness Instructor level 2 Award (or equivalent)	✓		A
Minimum of Level 2 qualification in English and Mathematics GCSE 4+ or C and above / CSE Level 1 / O-Level C or above / Level 2 Adult Numeracy or Literacy or equivalent	✓		A
Experience			
Experience in undertaking medical / lifestyle screenings	✓		A
Experience of inducting staff and students to a range of fitness equipment	✓		A / I
Experience of developing individual programmes for gym users	✓		A
Knowledge and Skills			
Knowledge of maintaining gym equipment including cardio and resistance machines	✓		A / I
Good organisational skills	✓		I
Ability to promote and recruit new gym members	✓		I
Good face-to-face customer care skills	✓		I
Excellent interpersonal, oral and written communication skills	✓		I
Committed to safeguarding the welfare of children and vulnerable adults, creating a safe learning environment and an understanding of the safeguarding practices	✓		I
Possess good motivational skills	✓		I
Personal Attributes			
A strong commitment to equality and diversity	✓		I

Enjoys working collaboratively and seeking collaborative opportunities	✓		I
Ability to work flexible hours as required to carry out workplace visits and training on site.		✓	I
Continuously improving and commitment to own personal and professional development		✓	I

KEY:

A	Application
I	Interview
P	Presentation/Micro-teach
T	Test