



Role Profile

Post Title:	Physical Activity Consultant (Active Lifestyles Team) Temporary for 12 months
Rate of Pay:	AP1 (£20,547.75-£21,895.20)
Responsible to:	Active Lifestyles Officer
Hours:	37 hours per week (also suitable for 2 part-time posts)
Location:	Active Lifestyles Team – various locations across North Ayrshire

Role Summary:

Our dynamic Active Communities teams are committed to supporting individuals, clubs, partners and volunteers to find their place in sport and physical activity. We harness its unique power to ensure our activities are: Welcoming, Inclusive & Fun.

These principles have shaped our delivery as we emerge from the pandemic and provide support and encouragement to people of all ages, abilities and backgrounds to get involved in sport and physical activity.

Job Purpose:

To promote and deliver health and well-being and physical activity initiatives across North Ayrshire as part of the Health & Wellbeing Service.

Role Specific Tasks & Responsibilities

- To proactively promote and deliver within the Health & Wellbeing Service and all related projects delivered by the Active Lifestyles Team
- Respond to all customers individually recognising personal preferences and circumstances.
- Organise, promote and deliver a range of activities and classes within the community as part of the programme.
- Carryout physical activity consultations and provide safe and effective exercise prescription for clients referred into the Active North Ayrshire Exercise on Referral Programme
- Maintain databases and records within the Physical Activity programme ensuring compliance with confidentiality and access.
- Delivery of health checks and healthy lifestyle advice to clients and be able to identify where appropriate and refer to partner agencies
- Develop working relationships with agencies and community partners, and support all Physical Activity programmes.
- Promote communication throughout the programmes, including partners, volunteers and clients.
- Support Volunteers working across the Physical Activity programme



ESSENTIAL/DESIRABLE CRITERIA

	Essential	Desirable	Evidence
Education and Qualifications	<p>Qualification in Physical activity, health, well being and fitness.</p> <p>Physical Activity Referral Qualification</p> <p>(or currently be working towards completing)</p>	<p>REPS Level 2 Exercise to Music</p> <p>REPS Level 3</p> <p>REPS Level 4 – condition specific qualification</p> <p>Full Drivers Licence</p>	Application form and interview
Experience		<p>Minimum of 2 years' experience working within Physical activity, health, wellbeing and fitness. Experience of working with older adults.</p>	Application form and interview
Specialist Knowledge	<p>An understanding of the Physical Activity considerations for adults with Long Term Conditions.</p>	<p>Experience of exercise prescription to populations with specific medical conditions.</p>	Application form and interview
Skills and Abilities	<p>Ability to work flexibly to meet the needs of the business.</p>	<p>Proficient in the use of IT</p>	Application form and interview
Key Behaviours	<p>Professional and customer focussed. approach</p> <p>Enthusiastic, motivated and empathetic nature.</p> <p>Confident and presents a professional image.</p> <p>Flexible, creative and innovative</p>		Application form and interview
Other	<p>Committed to undertaking training seen as a requirement of this post and to continuous personal development and improvement.</p> <p>Ability to recognise and maintain confidentiality.</p> <p>Ability to travel throughout North Ayrshire.</p>		Application form and interview