



## Role Profile

<b>Post Title:</b>	Physical Activity Consultant (Active Lifestyles Team)
<b>Rate of Pay:</b>	AP1 (£25,743.12 - £27,089.92)
<b>Responsible to:</b>	Active Lifestyles Officer
<b>Hours:</b>	Full time - 37 hours per week (1 permanent post) Flexible relief contracts - hours of work are as and when required
<b>Location:</b>	Active Lifestyles Team – various locations across North Ayrshire

## Role Summary:

Encouraging and keeping people active remains our primary goal, however the pandemic has presented new challenges in how that is achieved. Our Health & Wellbeing Service is one of the key ways we'll support people in North Ayrshire to move forward from the pandemic.

We continually strive to deliver innovative programmes through collaboration with key partners who share the same outcomes which:

Engage with priority groups including those who are vulnerable, isolated and at greatest risk of inactivity

Support, early intervention and protection, offering the right support at the right time

Target specific health issues including long term conditions and mental health & wellbeing

## 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 physical activity 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**

	<b>Essential</b>	<b>Desirable</b>	<b>Evidence</b>
<b>Education and Qualifications</b>	Qualification in Physical activity, health, well being and fitness (Minimum HND / CIMSPA level 2)  Physical Activity Referral Qualification (level 3) <i>(or currently be working towards completing)</i>	CIMSPA Level 2 Exercise to Music CIMSPA Level 3 CIMSPA Level 4 – condition specific qualification  Full Drivers Licence	Application form and interview
<b>Experience</b>	Be able to demonstrate experience of team work and excellent communication skills	Minimum of 2 years’ experience working within Physical activity, health, wellbeing and fitness. Experience of working with older adults.	Application form and interview
<b>Specialist Knowledge</b>	An understanding of the Physical Activity considerations for adults with Long Term Conditions.	Experience of exercise prescription to populations with specific medical conditions.	Application form and interview
<b>Skills and Abilities</b>	Ability to work flexibly to meet the needs of the business.	Proficient in the use of IT	Application form and interview
<b>Key Behaviours</b>	Professional and customer focussed. approach Enthusiastic, motivated and empathetic nature. Confident and presents a professional image. Can demonstrate ability to work on own initiative		Application form and interview



leisure



<b>Other</b>	Committed to undertaking training seen as a requirement of this post and to continuous personal development and improvement. Ability to recognise and maintain confidentiality. Ability to travel throughout North Ayrshire.		Application form and interview
--------------	--	--	--------------------------------

**Competencies**

Value	Competency	Level of Behaviour Required
<b>Managing Self</b>	Planning, Organising & Decision Making	2
	Self Development	3
	Change	3
<b>Achieving Performance</b>	Customer Focus	4
	Continuous Improvement	4
	Delivering Results	4
<b>Working with Others</b>	Communication	4
	Effective Working Relationships	4
	People Management	2

A Better Life

KA Leisure is a trading name of North Ayrshire Leisure Limited

North Ayrshire Leisure Limited is a Company Limited by Guarantee No.202978 and a recognised Scottish Charity No.SC029780.  
Registered Office: 22 Quarry Road, Irvine KA12 0TH; Tel: 01294 315120; Fax: 01294 315140; email: info@kaleisure.com;  
[www.kaleisure.com](http://www.kaleisure.com)