

PERSON SPECIFICATION

**Physical Activity Specialist
Band 4**

Requirements

	ESSENTIAL	A/I/T*	DESIRABLE	A/I/T*
Qualifications/ Education	Evidence of literacy and numeracy to GCSE level	A	Level 4 Cancer Rehabilitation trained	A
	NVQ level 4	A	Training in Motivational Interviewing	A
	Personal training qualification	A	Sports, Fitness Diploma/Degree	A
	Evidence of Continued Professional Development	A		
Previous experience	Ongoing patient assessment, treatment instruction and referral experience using prescribed protocols/programmes and relevant skills	A/I	Previous experience of working with cancer patients in an exercise setting	A/I
	Skilled and technically specialised experience treating patients in a clinical area/gym and group environment with no immediate supervision	A/I	Experience of working in field of cancer or other chronic conditions	A/I
	Maintained own complex conditions patient caseload as directed	A/I	Previous experience working in the sports and fitness industry	A/I
	Able to manage large groups of patients at one time	A/I	Experience using Motivational Interviewing in people with long term conditions	A/I

	Management of exercise equipment	A/I		
	Worked in and contribute to team work and smooth running department	A/I		
	Induction and teaching of other members of the team	A/I		
	Experience of accurately maintaining data	A/I		
	Experience presenting information to a group or 1:1 setting using communication styles to support behaviour change	A/I		
Skills/Knowledge/Ability	Knowledge of clinical protocols and Gym/group working protocols	A/I	Accurate and competent IT skills in Excel and word	A/I
	Health and safety awareness in physiotherapy	A/I	Presentation skills	A/I
	Highly skilled and technically specialised in treating patients in a clinical area, working within boundaries of guidelines/protocols with no immediate supervision	A/I		
	Ability to work effectively and contribute as a member of a multi-therapy and multidisciplinary team	A/I		

	Able to present information, written and orally, in a clear and logical manner and maintain legible and accurate notes	A/I		
	Awareness of the role of physical activity in the ongoing care of chronic conditions and exercise prescription	A/I		
	Recognises boundaries of own responsibilities	A/I		
	Able to maintain own caseload of patients with complex conditions requiring technical proficiency/ knowledge, as delegated by the physiotherapist, and prioritise appropriately in order to meet deadlines	A/I		
	Understanding of the importance of confidentiality, data protection, equal opportunities and Health and Safety	A/I		
	Excellent interpersonal skills	A/I		
	Able to cope with occasional, potentially stressful, upsetting or emotional situations	A/I		
	Able to teach new skills or communicate information in a group setting or 1:1 where there may be barriers	A/I		

	<p>to communication and or understanding</p> <p>Ability to organise and prioritise</p> <p>Evidence of being self-motivated and enthusiastically endorse a physically active lifestyle</p>	<p>A/I</p> <p>A/I</p>		
Physical Requirements	<p>Physically fit and able to comply with Trust Manual Handling Guidelines</p> <p>Ability to work at moderate to high levels of physical activity involving the demonstration of exercise for a significant proportion of the day</p>	<p>A</p> <p>A/I</p>		

Date of review Jan 2022