

# FITNESS INSTRUCTOR

**Regent's University London is a private university with a highly cosmopolitan community based in royal Regent's Park. With around 140 student and staff nationalities on campus, the university offers an exclusive and inspiring learning environment, with easy access to the wealth of professional and cultural opportunities of London.**

## Job Description

### 1. Position Details

- **Job Title**  
Evolve Studio Fitness Instructor
- **Grade**  
£40ph
- **Department**  
Student Experience
- **Line Manager Job Title**  
Sports Officer

### 2. Job Purpose

Provide safe and effective fitness sessions for either one or more disciplines (Including **HITT (No equipment body conditioning), Barre Dance, Boxing, Yoga and Sculpt, to name a few) as part of Regent's University London Evolve Fitness Programme.**

## The Regent's Way

The Regent's Way reflects our identity as a commercial, entrepreneurial, challenger institution in higher education with a compassionate, supportive community.

It's represented with five dynamics. These are coexisting, not contraries. They guide how we work and interact with others on a daily basis. And they're a measure of how we grow and progress as individuals and as an organisation.

We're different to mainstream universities. The Regent's Way celebrates our unique offering, our ambition, our strengths, challenges, and our willingness to fail, learn and continuously improve.



## Main Responsibilities

- 1 Coordinate and lead weekly groups fitness classes in either one or more of these disciplines: HITT (No equipment body conditioning), Barre Dance, Yoga, Boxing and Sculpt, to name a few)
- 2 Design and implement suitable warm-up and cool-down routines for each class to prepare the participants for the workout.
- 3 Lead dynamic and engaging workout sessions tailored to improve cardiovascular fitness, muscular endurance and strength of participants.
- 4 To create a vibrant and motivational environment, which encourages and inspires a greater level of physical and recreational engagement.
- 5 To undertake training appropriate to the role, including engagement and promotion.
- 6 Achieve targets of class occupancy and good instructor feedback from participants.
- 7 To work with the Regent's Sports Officer in the preparation of the running of each session.
- 8 Stay updated on the latest fitness trends and best practices to continually enhance the fitness program offerings.
- 9 To inform the Sport Officer in advance of any sessions they cannot attend.
- 10 Taking responsibility for personal conflicts of interest and declaring, recording and managing these appropriately.
- 11 Actively seek to implement the University's Health and safety policy and give due regard to the health and safety of themselves and our student while practicing fitness activities when carrying out duties.
- 12 To administer Basic First Aid when required and record and report back of any incidents to the Sports Officer.
- 13 Actively seek to implement the University's Equal Opportunities Policy and promote equality of opportunity in relation to the duties of the post.
- 14 To undertake any other duties that may reasonably be requested appropriate to the grade and responsibilities of the post.

# Person Specification

## 1. Position Details

<b>Job Title:</b> Evolve Studio Fitness Instructor
<b>Grade:</b> £40ph
<b>Department:</b> Student Experience
<b>Line Manager Job Title:</b> Sports Officer

## 2. Person Requirements

Job Requirements	Assessment Criteria	
	(E)ssential	(D)esirable
<b>Qualifications &amp; training</b>		
Specific qualifications necessary to the specific fitness activity.	E	
First Aid	E	
DBS Certificate		D
<b>Experience</b>		
Minimum of two years' experience as one of the required fitness instructor classes highlighted previously. This would involve the responsibility of participant's progression throughout the course of a block of sessions and the delivery of weekly sessions which are tailored to the needs of the group.	E	
The ability to effectively recruit and retain participants throughout the sessions and beyond	E	
Experience of instructing a range of abilities and young adults.	E	
<b>Knowledge, skills &amp; competencies</b>		
Effective communication skills. The ability to build good relationships with performers, coaches, and administrators.	E	
Proficient planning and organisational skills. The ability to plan and organise to help the student's and coaches in teams and matches.	E	
The ability to analysis and evaluate technique effectively with in depth knowledge of tactical and technical components of the practice. The ability to adapt and change sessions and practices to meet the needs of individuals.	E	
<b>General attributes &amp; personal qualities</b>		
An effective leader who has the ability to motivate and engage participants.	E	
Highly motivated individual that proactively undertakes tasks within the role.	E	
Punctual and reliable individual.	E	

<b>Other / special requirements</b>		

---