

<b>TITLE:</b>	Exercise Practitioner
<b>HOURS:</b>	Zero Hours Contract
<b>BASED AT:</b>	Clan House Aberdeen, covering all bases
<b>SALARY:</b>	Up to £25 per hour, dependant on experience and cancer training
<b>REPORTING TO:</b>	Cancer Support Services Manager (Grampian)

**CLAN CORE VALUES:**

All Clan employees are required to demonstrate supportive and respectful behaviour at all times, not only to clients but also to colleagues and management. Colleagues are treated professionally with respect and dignity and take responsibility for operational boundaries and expectations to ensure a harmonious working environment. All employees are required to adhere to Clan's five Core Values:

**Honesty:** We are honest, reliable, transparent and treat others with fairness.

**Excellence:** We invest and empower people, are committed to excellent and strive to provide high quality, consistent support in a healthy, safe environment.

**Accountability:** We take ownership for and are responsible for our choices and actions. We are accountable to each other and consider the outcomes of our behaviours on the achievement of our goals and tasks.

**Respect:** We value diversity of people and thought. We behave in ways that earn trust and support each other.

**Teamwork:** Clan is a community, we are welcoming and supportive, and we communicate openly. We are strong together.

**JOB PURPOSE:**

Clan's Physical Health and Wellbeing (PH&WB) Service has been established since August 2021. The aim of the service is to provide both 1:1 and group support for anyone impacted by cancer from a Physical and Psychological perspective. The role of the Exercise Practitioner is to work alongside the wider services team to provide a service focussed on safe exercise provision and tailored advice for our clients, whilst also supporting the group classes and peer support aspect of the service.

**KEY RESPONSIBILITIES & DUTIES:**

- Receive client referrals and liaise with the Services Support Coordinator to book an assessment.
- Plan, coordinate & deliver exercise prescriptions for cancer patients.
- Plan and deliver virtual assessment clinics using telephone or video conferencing platforms.
- Design effective, personalised home exercise programs.
- Adapt and apply knowledge of exercise principles to cancer patients and Clan's existing physical activity groups.
- Conduct outcome focused assessments for participants.
- Develop and communicate prehab and rehab physical activity plans for both high-risk and low risk clients.
- Accurately record client data on Clan's client progress review and end evaluation forms.
- Be the main contact for issues that may arise with the client regarding physical activity.

## JOB DESCRIPTION & PERSON SPECIFICATION

### EXERCISE PRACTITIONER

- Provide an exit strategy after rehabilitation, at approx. 3 months for all clients.
- Work with local health and wellbeing leads in communities where Clan has a presence.
- Support Clan to identify/access funding to further grow or financially support the service.
- Deliver level 3 / 4 cancer specific 1:1 exercise programs and triage referrals into exercise groups.
- Promote motivational messaging, videos and other media in support of the service.
- Create links for clients with local gyms/fitness and wellbeing centres to help build confidence for clients wishing to progress into these environments.
- Be aware of and committed to equal opportunities, principles and practices.
- Be aware of and adopt, when required, relevant Health and Safety policy and practice.
- Work within Clan's policies and procedures on a daily basis.
- Adhere to and demonstrate Clan's core values of Honesty, Excellence, Accountability, Respect and Teamwork at all times.

This list is not exhaustive, and other duties will be required to be undertaken from time to time to ensure the effective delivery of responsibilities associated with the post.

ATTRIBUTES	ESSENTIAL	DESIRABLE
<b>Qualifications</b>	Physical activity, sport or health related degree or equivalent. L3 or 4 Cancer instructor.	L4 Cardiac Rehab instructor.
<b>Experience</b>	Understand national policies in relation to health and physical activity and ability to apply at local level. Experience of working with patients with complex long term health conditions. Experience of working with cancer patients in a prehab or rehab setting. In-depth understanding of the National Frameworks for exercise referral schemes and latest guidelines. Understanding of physical activity & exercise and its relationship to cancer patients. Experience of delivering exercise classes for people with health conditions. Experience of IT systems and KPI reporting. Able to create and design gym or at home programmes.	Experience of working with people who are affected by a cancer diagnosis. Experience of performing exercise testing and applying results to prescribe exercise programmes. Knowledge of exercise testing principles.
<b>Special aptitudes or abilities</b>	Excellent ability to communicate clearly to people at all levels, with sensitivity and diplomacy. Able to work with confidential and sensitive personal information and adhere to principles of GDPR and good data protection governance. Ability to work co-operatively and build successful relationships with team members and stakeholders. Well organised and structured in approach to carry out duties and ability to prioritise workload effectively.	An understanding of cancer and how it can affect people's lives. Full clean driving license.
<b>Requirements of the post</b>	Friendly and welcoming whilst being adaptable, flexible, sensitive and diplomatic. Committed to the ethos of Clan. Successful completion of core Clan in-house training including 2 days Listening	



PERSON SPECIFICATION  
EXERCISE PRACTITIONER

	<p>and Support training and Safeguarding training.</p> <p>Good communication and listening skills, with ability to work in sensitive situations.</p> <p>Ability to work within a team.</p> <p>Ability to work flexibly across other Clan regions in person and digitally.</p> <p>Successful PVG.</p>	
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Line Manager	Employee
Name:	Name:
Signature:	Signature:
Date:	Date: