



THE PERSON

Fitness Advisor

Criteria	Essential / Desirable	Method of Assessment
Qualification		
Level 6 standard of education (e.g. undergraduate degree) or equivalent experience in a relevant area (e.g. BSc Sport Science Degree).	E	
Training qualification (e.g. Level 3 Award in Education and Training).	D	
Continuing Personnel Development and Register of Exercise Professionals (REPs) accredited	D	
Driving Licence.	E	
Knowledge & Experience		
Experience of undertaking fitness assessments, giving feedback and providing health and fitness advice.	E	
Experience of designing and delivering fitness training including exercise programmes for individuals.	E	
Experience of analysing and interpreting information to develop solutions or solve problems.	E	
Knowledge of the broader activities of Essex Fire & Rescue Service and working with Trade Unions.	D	
Skills & Abilities		
Ability to motivate and persuade people to follow an agreed fitness programme and a passion for health and fitness.	E	
Excellent written and verbal communication skills. Can interpret policy and procedures.	E	
Confident in using ICT systems such as Word, Excel, Outlook, PowerPoint.	E	
Excellent interpersonal skills, communicates professionally and develops constructive working relationships.	E	
Excellent time management and planning and organisation skills.	E	

Person Specification

Able to support changes in service provision in a positive and constructive manner.	E	
Proficient at assessing problems and determining the most appropriate action.	E	
Is approachable and confident in developing team members to acquire skills and experience.	E	
Other		
The ability to travel around the county may be required.	E	Application Form
Willingness to work flexibly.	E	Application Form
Committed to safeguarding and promoting the welfare of children, young people and vulnerable adults.	E	Application Form
Contribute to a positive working environment ensuring commitment to equality and diversity.	E	Application Form