

## Gym Instructor

Key Accountabilities & Duties	
Key Accountabilities	Key Duties
Provide Effective Training	Teach and demonstrate safe and effective exercises to the service users in the Gym as per the advice of a Physiotherapist or the Physician.
	Conduct valid and reliable fitness appraisals and programs using standardized methods.
	Adapt or modify exercises in an immediate manner to ensure safety and considering patient's preferences.
	Design and monitor effective individualized programs for service users. Safely instruct service users through their personal program.
	Provide instruction to service users in techniques and equipment use in the Gym.
	Monitor the service user's training by walking the gym floor and offering assistance.
	Assists service users, respond to queries, and maintains a positive exercise experience for the service users.
Support	Ensure gym equipment are cleaned daily and maintained to a high standard.
	Provide motivation and positive feedback to service users using the facilities in the Wellness Center.
Compliance and Self Development	Ensure that correct use is made of all equipment provided for health and safety purposes and advice management of any maintenance issues.
	Comply with the PHCC's Code of Conduct, management directives and approved policies and procedures
	Maintain up to date knowledge in all areas of exercise by attending regular courses.

Minimum Job Requirements	
<b>Education Requirements</b>	Bachelor of Physical Education, Exercise Science/Kinesiology OR Certificate/Diploma in Exercise Science or equivalent with a relevant bachelor's degree
<b>Certification, license or training Requirements</b>	First Aid Certifications (e.g. CPR Certification)
<b>Experience &amp; Knowledge</b>	2-5 years minimum experience in a leading health club or a hospitality industry.
<b>Skills Requirements</b>	<ul style="list-style-type: none"> <li>• Possess high degree of energy, be physically fit, and have the endurance to complete the workout.</li> <li>• Good understanding in the delivery of exercise programs that allow service users to achieve their fitness goals.</li> </ul>

- |  |   |
|--|---|
|  | <ul style="list-style-type: none"><li>• Ability to work cohesively, efficiently and effectively in a team environment, with consideration, respect, integrity and accountability</li><li>• Excellent interpersonal and communication skills.</li><li>• Ability to work effectively with minimal supervision.</li><li>• Demonstrated time management and organizational skills.<ul style="list-style-type: none"><li>• Good Computer Skills) Microsoft Office application.</li></ul></li></ul> |
|--|---|