



## Tallaght Leisure Centre

### Part Time BACPR Instructor required.

We are seeking an enthusiastic instructor, who is flexible, confident, and able to work as part of a team. The key aspect of the post includes the delivery of our comprehensive Medex cardiac rehabilitation programme which currently runs every Tuesday and Friday in Tallaght Leisure Centre.

Key tasks will include patient assessments, setting up and delivery of classes.

#### Role and Person Specification:

- Have a Level 3 GP Referral Instructor and BACPR Level 4 Cardiac Rehabilitation qualification
- Experience working with medical/confidential information
- Preferable candidate would have knowledge of GDPR compliance.
- Must be patient focused, supportive and empathetic.
- Experience in delivering health related and gentle exercise classes to specialist population groups, including individuals with medical conditions.
- Experience of delivering a range of specific 1 to 1 exercise/physical activity programmes, including gym based programmes.
- Ability to conduct individual consultations and assessments with patients.
- Experience of working in a fast paced environment that requires you to use your own initiative.
- Ability to collect and collate data as part of the monitoring and sustainability of programmes. Excellent time management and organisation skills.
- Strong interpersonal skills, with the ability to build trusting relationships with patients, staff, and community groups.
- Willingness to undertake further training if required as part of the role.
- Must possess a positive and motivated approach to work.

Applicants should forward an up to date cover letter and **CV to Annelie Kavanagh – [annelie@tallaghtleisure.com](mailto:annelie@tallaghtleisure.com)**

The deadline for Applications is **5th November 2018**.