

Clinical Exercise Specialist: Falls Prevention

JOB DESCRIPTION

ROLE: Clinical Exercise Specialist: Falls Prevention

RESPONSIBLE TO: Senior Clinical Exercise Specialist: Falls Prevention

LOCATION: St Charles Centre for Health and Wellbeing (W10 6DZ). Travel to other community venues and Open Age sites will also be required with occasional home working when the role permits.

HOURS: 35 hours per week until 31st March 2026 with hope to extend thereafter subject to funding being available.

JOB PURPOSE: The job role is divided into three components:

- Delivery of falls prevention exercise classes for older adults living in Westminster, Kensington & Chelsea and Hammersmith & Fulham.
- Co-ordination and delivery of falls prevention classes in Barnet.
- Co-ordination and delivery of falls prevention classes in Brent.

MAIN RESPONSIBILITIES:

- To work as an autonomous practitioner in the delivery of approximately nine weekly safe and effective exercise classes across Open Age's falls prevention exercise programmes.
- To maintain an up-to-date in-depth knowledge in the field of evidence-based exercise interventions through attendance at appropriate training sessions/courses, reflective practice and constructive use of supervision.
- To assess the exercise capacity of those participating in group exercise and adapt and progress as appropriate.
- To communicate effectively with participants to promote long-term adherence and progression of exercise programmes.
- To provide care and dignity to participants at all times, whilst taking into account individual needs.
- To be competent in the completion of outcome measures to assess effectiveness of the services.
- To undertake administrative tasks such as processing invoices, producing marketing material, responding to enquiries, venue and participant bookings and sourcing of cover instructors.
- To support in managing project budgets, ensuring that activities run according to planned budget.

- To work with and promote the services through organisations to create awareness of the programmes.
- To provide health promotion talks and demonstration classes to groups in the community and provide appropriate information to increase participation in physical activity.
- To promote the general benefits of physical activity for older people to our members and across community organisations.
- To attend multi-agency meetings and to work with partners to ensure a co-ordinated and integrated management of programmes.
- To monitor and evaluate activity data, compile feedback, manage related paperwork and produce reports for funders in a timely manner.
- To work flexibly within the job description and to carry out any other duties as required supporting the changing needs of the programmes.

PERSONAL ATTRIBUTES AND EXPERIENCE

- Newly qualified in a field such as Sports/Exercise Science, Exercise Physiology, Biokinetics, Sports Therapy or has obtained an equivalent knowledge base within anatomy, physiology and exercise
- Postural Stability Instructor Qualification or willingness to undertake
- Experience leading group exercise classes and/or delivering exercise on a 1:1 basis
- Experience of working with, and a genuine willingness to work with, older people who have a variety of medical conditions
- An understanding of physiological and social issues affecting older people
- Reliable, flexible and the ability to manage time effectively whilst juggling multiple timetables and classes
- Ability to work on own initiative and as part of a multidisciplinary team
- Strong IT and report writing skills and the ability to interpret data
- Excellent attention to detail
- Excellent administrative skills
- Excellent interpersonal skills and the ability to build great relationships with partners, members and work colleagues
- Excellent communication skills – verbal and written
- Self-motivated and enthusiastic
- Ability to work with a wide range of people and professional groups
- Ability to cope with change
- Ability to travel throughout the area we work in on a daily basis
- Ability to deliver online classes from home