



Parkinson's Exercise class Instructors

Job Description

Who We Are

Parkinson's Care and support UK (PCSUK)

We are a UK based Charity that focuses on improving the lives of those affected by Parkinson's, while they are alive. Although we actively invest in tomorrow, by funding alternative, non-pharmaceutical research into how we can slow down, reverse or even prevent the onset of Parkinson's, we are mindful that thousands of people living with the condition need real support today.

PCSUK, are proud to be the UK's number 1 Parkinson's charity focusing on natural and alternative reliefs and cures.

About the Role

We are seeking an enthusiastic, skilled and inspiring Exercise Class instructor passionate about helping people to join our growing team. In this role, you will be responsible for creating exercise and fitness plans for a wide range of clients living with Parkinson's, you must have a positive attitude, highly motivated personality and the ability to encourage clients.

Previous experiences working with people affected by Parkinson's is especially welcomed

Full Training on leading Parkinson's Exercise Classes will be provided to all successful candidates

Job Title: Exercise Class Instructor

Hours: 2 hours a week (minimum)

Salary: £25 per hour

Where: Classes will be held in and around your local area, in our chosen venues

Requirements- Essential

You must have:

- A minimum of 2 years as a Fitness Instructor
- Levels 2-3 Qualification in Fitness Instructor and be REPs Registered
- Public liability insurance
- A DBS check

Desirable:

- Knowledge or experience of working with people who have Parkinson's Disease
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Duties and Responsibilities:

- Lead Parkinson's exercise class group
- Create varied exercise routines for your classes
- Demonstrate and encourage correct warm-up and stretching techniques to avoid injury
- Educate a wide range of clients of all ages based on their fitness capabilities
- Incorporate the PCSUK training and guidelines into your exercise classes
- Be responsible for the registering of participants and handling of data and sensitive information received on the application forms
- Follow all health and safety regulations when working with equipment
- Able to work with clients who need special attention due to their health problems
- Perform CPR, first aid or other emergency procedures if needed