



scottish sports futures



SCOTTISH SPORTS FUTURES

MYTIME ACTIVE

JOB DESCRIPTION

JOB TITLE: MEND 7-13 Exercise Leader

REPORTS TO: Local Project Coordinator

LOCATION: East Glasgow

SALARY: Sessional £12 p/h

MAIN PURPOSE

Scottish Sports Futures, through Mytime Active has recently been awarded funding from the Big Lottery Fund as part of the 'Healthy Powerful Communities' project to support a range of services aiming to halt the rising levels of obesity and increase participation in physical activity. The services will be available to children, young people and their families locally across 3 key regions in Scotland. These will contribute significantly to achieving the 'Supporting Great Ideas' objective 'people and communities are healthier'.

The MEND (Mind, Exercise, Nutrition...Do it!) Programme was developed at Great Ormond Street Hospital for Children and the University College London Institute of Child Health and is one of the UK's most innovative and effective obesity prevention and treatment programmes for 7 to 13 year old children (and their parents). The MEND Programme is a 10-week multi-component healthy lifestyle programme encompassing education on healthy eating, fun games to stimulate an active interest in physical activity and behaviour modification techniques to boost self-confidence.

The MEND programme will work in partnership with the Active East programme which aims to create a legacy from the 2014 Commonwealth Games for young people in the East of Glasgow by increasing levels of physical activity and building skills through volunteering.

SUMMARY OF RESPONSIBILITIES AND DUTIES

In this post you will be responsible for a wide range of duties including, but not limited to the following:

Responsible for running a 10 week (17 x 1 hour Exercise sessions plus time for pre session set up and post session tidy up) and equipment storage as well as both measurement sessions.

Per programme:

- This will require approximately **32 hours** per MEND Programme, broken down as follows:
 - 21 core hours including delivery of MEND Programme Exercise sessions including both measurement sessions
 - 6 hours of session set up and tidy up time
 - 5 hours for the Group Reward (held after the end of the Programme)
- The Exercise Leader is required to attend both measurement sessions to conduct accurate YMCA step tests to assess participants' levels of fitness
- It is recommended, but not essential that the Exercise Leader attends the Supermarket Tour
 - It is important that the Exercise Leader has previous experience working with groups of children and has ability to relate to children and to motivate them to participate in the games-based activities, as



well as being able to control a group.

- The Exercise Leader should have a current and relevant physical activity or sports coach qualification
- Fitness and Exercise Instructors (i.e. Personal Trainers, Gym Instructors, Circuit Trainers, Group Exercise Leaders (Exercise to Music, Pilates, Yoga, etc) and professionals subject to being registered on the Register of Exercise Professionals)
- Sports Coaches and Teachers will ideally be qualified to National Governing Body Level 2 or Community Sport Leaders Award (NVQ Level 2)

(N.B: Qualification requirements differ for professionals due to the level of Active Play content included in each qualification, which covers social, interpersonal and cognitive development of children participating in the Programme)

- The Exercise Leader must have attended the 1 day Mytime MEND exercise training
- The Exercise Leader will ideally have a current First Aid Certificate (at least one member of the Delivery Team must be First Aid qualified)
- The Exercise Leader must hold adequate personal liability insurance to cover any accidental injury or event resulting from negligence.

KNOWLEDGE

- Awareness of local obesity levels
- Knowledge and understanding of the Patient Confidentiality Act and the Data Protection Act.
- Knowledge and understanding of the local community.
- Knowledge of local services and how to help others to use them.
- Ability to use generic software packages e.g. Microsoft Word, Excel, PowerPoint.

EXPERIENCE/ SKILLS

- MEND Nutrition Leaders will ideally have a background in nutrition, dietetics, public health or health promotion. In addition they should also have experience in child and family health
- It is essential that MEND Mind and Nutrition Leaders have experience of managing/facilitating large groups and that they feel confident in doing so. Ideally this experience should include working with children and families
- MEND Mind Leaders will ideally have a background or training in behaviour change.
- In addition to the ability to work with, and manage, large groups, the Mind and Nutrition Leader(s) must also be able to motivate and inspire the group
- Mind and Nutrition Leaders **must** possess Enhanced PVG clearance – preferred candidates will be



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supported to obtain this.

- Mind and Nutrition Leaders **must** have successfully completed MEND Programme Theory training and deemed suitable before they deliver a MEND Programme (all Leaders will receive a certificate as evidence of completing the training).
- Mind and Nutrition Leaders may need to hold a current First Aid certificate (at least one member of the Delivery Team must be First Aid qualified)
- Mind and Nutrition Leaders should familiarise themselves with the location and availability of the First Aid kit and the presence of a First Aid officer on site
- Leaders must attend Child Protection Training

Most sessions will be in the evenings and weekends

QUALIFICATIONS:

Essential: Coaching qualification

Desirable: Level 2

Nutrition / dietetic related qualification

CONDITIONS OF EMPLOYMENT:

- Conditional upon enhanced PVG and health clearances, employment/education references, and is exempt from the Rehabilitation of Offenders Act.

For additional information, please contact Kirsty Partridge – email: kirsty@ssf.org.uk

Phone – 0141 588 1567

DATE OF LAST REVIEW: December 2014	PREPARED BY: Kate Underwood
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