



| JOB DESCRIPTION | | |
|-----------------|----------------------------|--|
| 1 | Job Title | Casual Dance/Exercise to Music instructor |
| | Salary | £20 per session |
| | Hours of Work | As and when Current requirements are (but not limited too): Mondays 9:30-10:30 Wednesdays 7:10pm-8:10pm Thursdays 6-7pm |
| | Location | Various location across the city |
| | Responsible to | Active Children and Women's Team Leader |
| | Responsible for | To deliver a programme of high quality dance and exercise to music sessions across the city to both adults and their families To provide more opportunities, increase participation and actively encourage people to take part in dance and exercise across the city. |
| | Contractual status | As and when required |
| | Job share | Not suitable for job share |
| 2 | Overall purpose of the Job | Derby County Community Trust deliver a number of physical activity and health programmes across the city. The aim of the programmes are to encourage people to become more active and improve their overall health and well-being. The role of the casual dance officer is to deliver dance based physical activity programmes to adults and also deliver to families in local community settings |

| | |
|---|--|
| | |
| <p>3 Duties and Responsibilities</p> | <p>Experience of delivering dance and exercise to music sessions in a range of different environments including leisure centres, schools and community settings.</p> <p>Ability to inspire, motivate and encourage people through dance.</p> <p>Ability to work efficiently on own initiative and maintain a high standard of work.</p> <p>Confident with a high level of motivation.</p> <p>To communicate with clients in a positive and friendly manner to encourage them to overcome barriers whilst engaging in physical activity /healthy lifestyle programmes.</p> <p>To deliver appropriate physical activity and exercise programmes to either individuals and/or groups in the local community, venues such as parks, leisure centres and community spaces.</p> <p>To respect the individuality, values, dignity and diversity of individuals and contribute to the provision of a service sensitive to the needs and rights of people in the community.</p> <p>To deliver all sessions to the highest standard with particular regard to effective and efficient use of resources, maintaining quality and contributing to improvement</p> <p>To ensure compliance with health and safety legislation Equal opportunities, Racial Equality, Sex Discrimination and Disability policy.</p> <p>Such other duties as may be appropriate to achieve the objectives of the post to assist the company in the fulfilment of its objectives commensurate with the post holders' salary grade, abilities and aptitudes.</p> |

| | |
|--|--|
| | |
|--|--|

| | | |
|----------|---------|---|
| 4 | General | <p>To at all times represent Derby County Football Club in a professional manner regarding to dress, presentation, personal hygiene, attitude, conduct and professionalism.</p> <p>To be able to work flexible and unsociable hours where the role of the job requires.</p> |
|----------|---------|---|

| PERSON SPECIFICATION | DESCRIPTION |
|-------------------------|---|
| 1 QUALIFICATIONS | |
| Essential | <ul style="list-style-type: none"> • Exercise to Music qualification • Dance qualification • First aid |
| Desirable | <ul style="list-style-type: none"> • Level 2 gym qualification • Coaching qualification • Full UK Driving Licence • Car Owner |
| 2 EXPERIENCE | |
| Essential | <ul style="list-style-type: none"> • Minimum of 1 years' experience in delivering dance and exercise to music sessions • Ability to inspire and motivate adults and young people to participate in sessions • Ability to adapt sessions according to attendees |
| Desirable | <ul style="list-style-type: none"> • Proven track record of working within the sector • An understanding of issues and associated issues faced by inactive individuals and families • An understanding of how sports and physical activity could have a positive impact of individuals |

| 4 Personal Qualities | |
|----------------------|---|
| Essential | <ul style="list-style-type: none"> • Ability to communicated effectively • Ability to demonstrate an empathetic and person-centred approach • Ability to work on own initiative and as part of a team • Ability to work flexible hours and available daytime/evening/weekends and school holidays • To exercise good personal time management, punctuality and consistent reliable attendance. |