



PHYSICAL ACTIVITY AND HEALTH COACH

V A C A N C Y

Derby County Community Trust are looking to recruit an inspiring and experienced individual to join the Health department as a Physical Activity and Health Officer.

The successful candidate will support the delivery of the Whole School Approach and child weight management programme both in school and within community settings.

Previous experience working with children and young adults is essential as the role will support the lead officer in delivering high quality intervention, enabling children and young people aged 5 - 17 years to get fitter and lose weight.

KEY RESPONSIBILITIES

- To motivate, inspire and support children, young people and parents/carers to lose weight and adopt a healthier lifestyle through the delivery of a healthy eating and physical activity programme.
- To support in the planning and delivery of DCCT's Active Schools and child weight management programme.
- To provide one to one and group work support to children and families.
- To promote the programmes and build effective working relationships with schools and external practitioners.
- To work closely with colleagues and follow procedures with regard to issues of clinical concern and safeguarding.
- To ensure that all client details and pathway progression data is accurately recorded.
- To ensure that all participants receive appointment, programme reminders and telephone support as necessary.

- To support in the planning and adaption of sessions according to young people's strengths and ability both in school and within community hubs.
- To effectively deliver and develop sessions through clear action planning and implementation. This will be done in partnership with the lead coach and other members of the Physical Activity and Health Team.
- To work closely with DCCT's wider health department to improve the physical, emotional, and mental health of children and young people.
- To have a sound understanding and in-depth knowledge of children and young people's health and wellbeing.
- To work in both school and community-based settings to deliver high quality activity sessions, which include physical activity and focused based sessions.
- Ability to work in both primary and secondary school settings.

PERSONAL CHARACTERISTICS AND EXPERIENCE

E S S E N T I A L

- A qualification in the field children and young people's physical health.
- Experience of delivery physical activity and/or weight management programmes for children and young people.
- Experience of working with primary age children and young people.
- Experience of delivering group-based activities to children and young people.
- A good understanding of health inequalities.
- A sound understanding of safeguarding and the reporting mechanism.
- Ability to work with integrity, professionalism and discretion.
- Ability to work on own or as part of a team.

D E S I R A B L E

- Qualifications in mental health and wellbeing.
- FUNdamentals training/multi-skills training.
- Qualification in nutrition.
- Qualification in early years.
- Experience of personal health plans, physical activity or behaviour change programmes.
- Knowledge of weight management and behaviour change practice and principles.

**THE ROLE IS FULL TIME DURING SCHOOL TERM TIME (40 WEEKS PER YEAR)
AND FIXED TERM UNTIL 31 JULY 2022.**

To apply for this role, please complete an application form, which can be found on our website derbycountycommunitytrust.com/about/employment. Please note that CVs will not be accepted without an accompanying application form.

Completed application forms and tasks should be sent by email to recruitment@dcct.co.uk or via post to; **The HR Department, Derby County Football Club, Pride Park Stadium, Pride Park, Derby DE24 8XL**

The closing date for receipt of applications is **Sunday 25th July 2021**.

As part of the Trust's commitment to providing a safe environment for children and young people, applicants should be aware that they will be required to apply for an Enhanced Disclosure and Barring Service (DBS) Criminal Record Check (CRC) as part of the recruitment process.

Derby County Community Trust is an Inclusive Trust for all and is committed to Equality and Diversity.

Derby County Community Trust's Job Applicant Privacy Policy can be found at derbycountycommunitytrust.com/about/employment.

 DerbyCountyCommunityTrust

 @DCCTOfficial  @DCCTOfficial

 DerbyCountyCommunityTrust