

Basingstoke and Alton Cardiac Rehabilitation Charity

Role Description	Falls Prevention Specialist Exercise Instructor
Responsible to	Health Programme Manager (HPM)
Responsible for	Delivering Falls Prevention classes
Hours	Part time by negotiation
Remuneration	Self Employed £26.74 per hour

Role Purpose:

To deliver safe, effective, and engaging Falls Prevention exercise sessions for individuals recovering from a fall, or at high risk of a fall due to frailty, usually after signposting from an NHS physiotherapy service. The instructor plays a key role in helping clients regain confidence, improve core strength, and reduce their risk of future falls through supervised exercise programming.

Core Key Responsibilities:

- Plan and deliver structured group exercise sessions tailored to the needs of Falls prevention participants on our 'Steady & Strong' Programme
 - Assess suitability of potential exercisers for falls prevention based on observation and PARQ
 - Monitor participants' safety, physical responses, and progress during sessions; adapt exercises as needed
 - Provide advice on physical activity, and lifestyle modification
 - Ensure all exercise sessions align with our standards and guidelines for falls prevention as set out in the contract terms and conditions of engagement
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Essential Qualifications and Skills:

- Level 3 Exercise for Older Adults
 - Level 3 GP Referral qualification
 - Current First Aid and CPR certification
 - Professional indemnity and public liability insurance
 - Strong understanding of exercise prescription, and risk management
 - Excellent interpersonal and communication skills
 - Experience working with clinical or vulnerable populations
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Desirable:

- Later Life Otago Exercise Programme Leader or Postural Stability Instructor (FaME) certification
 - Experience delivering group exercise in community or healthcare settings
 - Familiarity with referral pathways and multi-disciplinary teams (e.g. GPs, physiotherapists, cardiac nurses)
 - Ability to deliver virtual/online classes
 - Experience in delivering cardio-vascular, Exercise to music exercise sessions
 - Qualifications at Level 4 in Cardiac Rehab, CanRehab or Pulmonary Rehabilitation or an Exercise to Music qualification would be an advantage.
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Personal Attributes:

- Compassionate, patient-centred approach
- Reliable, professional, and self-motivated
- Committed to continuous learning and upholding best practices in cardiac rehabilitation

Cardiac Health's values and policies

Support Cardiac Health's core values and carry out all responsibilities with due regard to Cardiac Health's policies and procedures.