



Salary: £30,505-£34,866

Reference: DG44325

Closing Date: 5 January 2025

Fitness Supervisor

The [University of Cambridge Sports Service](#) is seeking an experienced and qualified Fitness Supervisor to join our team. This is a full-time, permanent position working 36.5 hours per week at the University Sports Centre. The role holder will deliver a range of high-quality fitness, strength and conditioning services to students, staff and community users in support of their health and wellbeing, competition needs and sporting ambitions.

The Sports Service administers two performance programmes (TASS & UCAPP) which helps develop national/international level student athletes. The Fitness Supervisor is a key member of the team that delivers training sessions to these athletes.

The role holder will supervise a team of staff, allocate tasks and provide support and guidance to staff operating within the fitness facilities, across a range of different shifts (including early morning, evenings & weekends), so that they perform consistently in terms of the completion of operational tasks and their interaction with users and instruction/coaching. The role holder will act as the Line Manager for the Fitness Coaches.

Key Responsibilities:

- Coordinate the day-to-day work of the Fitness Coaches through individual work plans, setting clear aims and objectives and monitoring performance
- Design and implement high performance training programmes for sports teams and individual athletes based on sound scientific principles
- Log training sessions and maintain databases to ensure that athlete progress can be monitored, and reports can be produced for both internal and external stakeholders (e.g. for TASS, UCAPP)
- Plan and deliver inductions, personal programmes, personal training, group exercise classes, technique sessions, gym challenges and referral sessions to internal and external customers
- Engage with gym members and customers through pro-active and quality interactions to ensure a welcoming and positive environment is achieved in the fitness areas
- Monitor all fitness areas of the Sports Centre to ensure a safe environment is maintained. Make sure only registered users access the facilities, equipment is

not damaged and is in good working order, provide first aid for facility users when required and undertake cleaning and maintenance in fitness areas on the fitness equipment

Required Skills and Qualifications:

UKSCA accreditation is required for this role. Applicants should also have a First Aid at Work qualification or the ability to achieve this during the first 6 months. A Sports Science, S&C or Health and fitness related degree, TALS accreditation and Fitness industry qualifications in class instruction e.g. circuits, indoor cycling, are also desirable.

Applicants should have experience of:

- Delivering strength and conditioning training programmes to individual athletes and teams at a range of competition levels and from a variety of sports
- Delivering inductions, training programmes, group exercise classes
- Supervising, training, mentoring and guiding staff and creating a positive team culture and excellent levels of customer service

The role holder will need excellent communication and class instruction skills as well as good administrative and computing skills.

Prospective candidates are encouraged to use the Suitability for the Role section of the application form to highlight how they meet the person specification and what skills, knowledge and experience they would bring to the role.

Benefits of working at Cambridge include:

- Competitive rates of pay with automatic service-related pay progression and annual cost of living increases
- Generous annual leave allowance of 36 days paid leave (including bank holidays)
- Generous maternity, adoption and shared parental leave entitlement and other family friendly schemes (e.g. workplace nurseries and salary exchange schemes for childcare)
- An auto-enrolment pension scheme with a generous employer contribution
- Travel benefits and retail discounts at over 2,000 local and national stores
- Schemes to support with relocation/the provision of accommodation

Once an offer of employment has been accepted, the successful candidate will be required to undergo a basic disclosure (criminal records check) check, and a security check.

The interviews will take place during the week commencing 13 January 2025.

For a full Job Description and Person Specification, please see the [Further Particulars](#) of the role.

To apply for this position, please submit your application via our [web recruitment system](#). You will need to register an account with our recruitment system (if you have not already) and applications can only be accepted via this system.

If you have any questions which are not covered by the Further Particulars or the Sports Website, please e-mail recruitment@sport.cam.ac.uk

The University actively supports equality, diversity and inclusion and encourages applications from all sections of society.

The University has a responsibility to ensure that all employees are eligible to live and work in the UK.