



Our Purpose

"Igniting Greatness"

Our Mission

"We empower every person within our community, through our Circle of Care, to go beyond what they think is possible"

Our 5 Values

Collaboration, Integrity, Empathy, Excellence, Empowerment

About UFIT Health & Fitness

UFIT is a leading health and fitness provider in Singapore, known for its high-quality fitness programs, rehabilitation services, and holistic approach to health. We are dedicated to empowering individuals to live healthier and more active lives through personalized fitness and clinical care within our Circle of Care. We take pride in offering personalized care and attention to each client to achieve our purpose of igniting greatness in everyone within our community.

Job Summary: S&C Coach at UFIT Singapore

Position: S&C Coach

Location: Singapore

Reports to: Fitness Lead & Hub Manager

We are seeking a skilled and passionate fitness coach to join our dynamic team at UFIT Health & Fitness. The successful candidate will play a key role in helping clients recover from injuries, enhance their physical well-being, and achieve their health and fitness goals.

As a fitness coach at UFIT, you will work as part of a multidisciplinary team of experts including nutritionists, podiatrists and coaches to ensure comprehensive care and optimal recovery for clients of all ages and fitness levels. Access to state-of-the-art facilities and a supportive team environment will empower you to deliver evidence-based exercises and personalized care.



Key Responsibilities

- Conduct thorough movement and exercise assessments to assess clients' physical conditions and develop tailored fitness programs.
 - Provide evidence-based and effective exercise programs designed around the client's goals.
 - Monitor client progress and adjust exercise plans as needed to ensure optimal recovery.
 - Collaborate with UFIT's multidisciplinary team to create integrated exercise plans and improve overall client outcomes through the Circle of Care.
 - Maintain accurate and up-to-date client records and timely reporting of client progress to the fitness lead and Hub Manager in accordance with professional and organizational standards.
 - Participate in team meetings & events and continuing professional development (CPD) activities.
 - Adhere to all health and safety protocols, maintaining a safe, clean, and professional environment for clients and staff.
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Qualifications & Skills

- **Education:** Bachelor's degree or higher in Sports Science / S&C related fields, UKSCA S&C Trainer Level 3 Diploma, or on the pathway to becoming a UKSCA accredited Coach (ASCC)
- **Licencing:** Existing PT certification as a minimum requirement
- **Experience:** Minimum 2 years of experience in a commercial gym setting.
- **Skills:**
 - Knowledge and experience of a wide range of musculoskeletal assessment and exercise approaches.
 - Strong hands-on exercise skills and knowledge of strength and conditioning training modalities.
 - Excellent communication and interpersonal skills, with the ability to engage clients and build rapport.
 - Ability to work independently and as part of a multidisciplinary team.
 - Strong organizational and time-management abilities.
- **Personal Qualities:**



- Passion for helping others achieve optimal fitness, health and well-being.
 - A proactive, solution-oriented approach to client care.
 - Commitment to ongoing professional development and learning.
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Key Performance Indicators

- Retention
 - Client outcomes using systems in place, such as exercise screening and VALD
 - Re-engaged clients
 - Internal referral and program integration
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Staff entitlement

Working Hours

- 5.5 days/week
- AM/PM blocks in 8 hour shifts
- Additional hours outside of blocks are subject to availability and approval of the fitness lead.
- If a block falls on a public holiday, the individual is not required to work.

Annual Leave

- Maximum 14 consecutive days not at work (including weekends and public holidays)

Group Insurance Coverage

- HSBC Life - Inpatient hospitalization with option to add-on for outpatient GP / Specialist coverage