

Band 4 – Assistant Exercise Practitioner

ACCEND Level of Practice: Assistive

Essential

Desirable

Measure:
AF = Application form
I = Interview
A = Assessment test

Education and Qualifications

Minimum of Level 2 Exercise and Fitness Qualifications and Level 3 Diploma in Exercise Referral	X		AF / I
Specialist Exercise Instructor for Cancer Qualification or willingness to work towards and successfully complete in an agreed timeframe	X		AF / I
Evidence of further study e.g. undertaking a BSc in Sport and Exercise Science related subjects		X	AF / I
Evidence of achievement of core cancer capabilities in Practice (CiPs) at assistive level		X	AF / I
Evidence of achievement of Foundations in Cancer Care learning outcomes or equivalent		X	AF / I

Experience and Knowledge

Previous experience of working with healthy or clinical populations	X		AF / I
Previous experience of working with clinical populations		X	AF / I
Experience of assisting/delivering structured and graded needs-based exercise sessions for different service user groups to promote behaviour change	X		AF / I
Experience of developing personalised exercise programmes	X		AF / I
Experience of conducting fitness assessments	X		AF / I
Experience of teaching and advising service users and their families on how to manage their condition or supporting the multi-disciplinary team to do so		X	AF / I
Awareness of the national guidance for prehabilitation and rehabilitation related to cancer		X	AF / I
Have basic knowledge of the relevant professional standards		X	AF / I
Previous experience of working within cancer prehabilitation and rehabilitation and clinical knowledge of associated treatments, interventions and outcomes		X	AF / I

(Continued)
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Skills and Attributes

Ability to work as part of a team and to work to direction	X		AF / I
Ability to work on own initiative	X		AF / I
Ability to utilise technologies such as online applications including Teams or Zoom.	X		AF / I
Ability to assess clinical information and structure service user care accordingly under supervision		X	AF / I

Personal Qualities

Excellent communication skills.	X		AF / I
Evidenced enthusiasm for working as part of a team	X		AF / I
Demonstrate a desire to work with people with long term conditions	X		AF / I
A commitment to the organisation and the delivery of all of its aims and goals	X		AF / I
Ability to travel for work purposes as required (service to delete as appropriate)	X		AF / I
Access to a car for work purposes (service to delete as appropriate)	X		AF / I
Membership of a professional organisation relevant to the position		X	AF / I

This is not intended to be exhaustive and may be reviewed periodically with the post holder to ensure that the job relates to the job being performed.