



AMPLEFORTH COLLEGE
FITNESS INSTRUCTOR – ATHLETIC
DEVELOPMENT
Job Description

Ampleforth College is seeking a dynamic and qualified **Fitness Instructor** to support the athletic development of students aged 14–18. This role is central to our mission of fostering physical excellence, resilience, and a lifelong love of sport. The successful candidate will work closely with the Head of Games and the wider sports department to deliver high-quality fitness instruction, tailored training programmes, and support for both individual and group development. Carrying out duties in the most cost-effective and efficient way, you will follow all legislation, as well as our own policies and procedures, relating to working with children, safeguarding, and Health and Safety.

Key Responsibilities

- Deliver structured fitness sessions aligned with the athletic development goals of students aged 14–18.
- Lead a range of fitness classes including strength & conditioning, circuit training, and sport-specific sessions.
- Conduct gym inductions and develop personalised training programmes.
- Collaborate with sports coaches to support performance goals across various sports.
- Monitor progress and adapt programmes to meet individual student needs.
- Provide personal training (if Level 3 qualified) and motivational support.
- Maintain a safe and inclusive training environment, adhering to safeguarding and health & safety standards.
- Support the Duty Supervisor in the daily operations of the St Alban's Sports Centre.
- Assist with equipment setup, cleaning duties, and general centre maintenance.
- Provide First Aid treatment when required.
- Attend relevant CPD and training sessions.

Specific objectives for the reporting period

[Set on an individual basis, as necessary]

Line Manager and Annual Appraisal Reporting Officer

Head of Games

Annual Appraisal Counter-signing Officer

Centre Manager