

Active Mauritius under the Mauritius Sports Council

Invitation for

Expression of Interest

COACH – PART TIME ON CONTRACTUAL BASIS

Exercise at the Workplace

The Mauritius Sports Council, a parastatal body operating under the aegis of the Ministry of Youth Empowerment, Sports and Recreation, is inviting professionals in the field of sports, fitness and physical activity, interested to serve as '**Part Time Coach – Exercise at Workplace**' for the Ageing Well Programme under Active Mauritius, **on a contractual basis, for a period of 1 year.**

Qualifications

- *Minimum SC/GCE O' Level;*
- *Level 1 Certificate Course from any sports governing body or having a strong sporting background, such as, as an elite/professional athlete in any sporting discipline or experience of evolving in a sporting context, for example, working in P.E. department at school/university, studied P.E. modules at secondary school, voluntary work in a sports context or any other qualification in sports acceptable to the Board;*
- *Basic knowledge in First Aid.*

Duties

1. Planning and delivering exercise/activity sessions in one or more assigned locations;
2. Demonstrating or explaining how to perform various exercises and routines to minimise injuries and improve fitness;
3. Monitoring exercise participants to ensure that they are using the correct exercise techniques;
4. Provide alternative exercises during classes for different levels of fitness or mobility abilities;
5. Ensuring accurate collection of personal and fitness-related data;
6. Maintaining accurate records of attendance and updates of datasheet in order to facilitate reporting;
7. Motivating participants to exercise;
8. Ensuring that safety and injury prevention policies are adhered to by participants; reports accidents and prepares accident reports, as required;
9. Advising participants on program and class procedures and policies, as appropriate;
10. Liaising with local community centres officers for first contact;
11. To submit relevant data to the Managing Secretary as and when required;
12. To work for Sports Camps and other events as and when required.

Other Requirements

- Strong interpersonal and communication skills and the ability to work effectively with a diverse community.

MAURITIUS SPORTS COUNCIL

Royal Road, Belle Rose, Mauritius | Tel no.: (230) 454 1009 | Fax no.: (230) 467 2991

Email : registry@msportsc.com | **Website :** www.mauritiussportscouncil.com

- Computer literacy in Word and basic Excel to fill a spreadsheet template. Must have access to a computer and be comfortable dealing with soft copy data.
- Records maintenance skills.
- Ability to read, understand, follow and enforce safety procedures.
- Knowledge of fitness training and basic body-weight exercise techniques.
- Past or present coaching experience (including voluntary work or shadowing).
- Past or present experience of working in a group context.
- Evidence of leadership, for example, sports captain, class captain, scouts group leader, etc.
- Ability to prepare routine administrative paperwork.

Remuneration

Coaches will be paid **Rs 500, per session of 1½ hours.**

NOTE

- **Upon selection, candidates will be required to submit a character certificate.**
- **Contract may be terminated at any time in the event of poor performance, incompetence, misconduct or insubordination.**

VI. MODE OF APPLICATION

- Qualified candidates should submit their application on the prescribed Application Form which may be obtained at the Reception Desk, Mauritius Sports Council, Royal Road, Belle Rose or on our websites <https://mauritiussportscouncil.govmu.org/mauritiussportscouncil/wp-content/plugins/pdfjs-viewer-shortcode/pdfjs/web/viewer.php?file=https%3A%2F%2Fmauritiussportscouncil.govmu.org%2Fmauritiussportscouncil%2Fwp-content%2Fuploads%2F2021%2F05%2FApplication-Form.pdf&dButton=true&pButton=true&oButton=false&v=1.5.1#zoom=auto> or <https://www.active-mauritius.com/wp-content/uploads/2021/02/Application-Form.pdf> in the 'Vacancy' section.
- Applications should reach the Human Resource Executive, Mauritius Sports Council, Royal Road, Belle Rose through registered post, **not later than Tuesday 11 May 2021 at 1600hrs.**
- Applications not made on the prescribed form will not be accepted.
- Envelopes should be clearly marked on the top left-hand corner "Coach for Exercise at Workplace".

THE MAURITIUS SPORTS COUNCIL RESERVES THE RIGHT NOT TO MAKE ANY APPOINTMENT AS A RESULT OF THIS ADVERTISEMENT.

Date : 03 May 2021

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