

## PROPOSED SCHEME OF SERVICE

**ORGANISATION:** Mauritius Sports Council  
**POST:** Elderly Fitness Coach  
**SALARY:** Rs 16 500 + Transport Rs 2000

### QUALIFICATIONS:

- A. Minimum SC/GCE O' Level;
- B. Level 1 Certificate Course from any sport's 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;
- C. Basic knowledge in First Aid
- D. Be Computer Literate

### 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 work for Sports Camps and other events as and when required;
12. To submit relevant data to the Programme Head or the Director Council as and when required.