

JOB DESCRIPTION

JOB TITLE:	Community MSK Physical Activity Instructor
SALARY:	Grade 16 - £27,862 - £28,789
TERM:	Fixed-Term (3 years) then subject to funding
LOCATION:	Minehead Community Hospital (travel expected across West Somerset)
HOURS OF WORK:	37
RESPONSIBLE TO:	Health Development Manager

Main Purpose of the Job

Somerset Activity and Sports Partnership (SASP), in collaboration with Somerset NHS Foundation Trust, is seeking a **Community MSK Physical Activity Instructor** to support high quality, person-led musculoskeletal care across hospital and community settings in West Somerset.

The role bridges clinical services and community provision, empowering individuals with musculoskeletal, orthopaedic, or sports injuries to better manage their condition through prevention, early intervention, and self-management approaches.

The post holder will assess, support, and deliver structured rehabilitation and physical activity programmes, including group-based sessions and health education, working with individuals who may have post-operative needs, pain, or psychosocial barriers to activity. They will use behaviour change approaches to promote engagement and long-term participation in physical activity.

Working collaboratively with HCPC registered MSK physiotherapy teams, primary care, and community organisations, the role aims to improve access to care, reduce health inequalities, and support people to remain active, independent, and well within their communities. The post holder will also help reduce pressure on hospital services by promoting effective self-management and ensuring appropriate escalation and referral back to clinical teams when required.

Summary of Responsibilities and Key Duties of the Job

Support the assessment, treatment, and rehabilitation of individuals with a wide range of MSK conditions in collaboration with qualified physiotherapists
Deliver structured, evidence based physical activity and rehabilitation programmes for individuals and groups, including post operative patients and those with complex biopsychosocial needs
Work with individuals to identify and address barriers to physical activity, using behaviour change approaches to support engagement and long-term adherence
Monitor participant progress and outcomes, escalating concerns and facilitating timely referral back to HCPC registered MSK physiotherapists when required
Develop, deliver, and evaluate community based rehabilitation initiatives, including group exercise sessions, physical activity programmes, and health education workshops
Work in partnership with local organisations and community providers to expand choice and access to safe, inclusive, and accessible movement opportunities
Promote confidence, independence, and sustained participation in physical activity among individuals recovering from injury or managing long term conditions
Work closely with HCPC registered MSK physiotherapy teams, multidisciplinary colleagues, primary care services, SASP colleagues and external partners to ensure coordinated and person-led care pathways
Act as a bridge between clinical services and community provision to support seamless patient transition and continuity of care
Contribute to reducing pressure on hospital services by supporting appropriate community based management and self-care strategies
Promote physical activity as a key component of musculoskeletal health and long-term wellbeing
Support individuals to develop self-management skills and sustainable behaviour change strategies
Encourage informed choice, empowerment, and increased capability to remain active and independent within their communities
Contribute to the ongoing development of community MSK pathways and local physical activity initiatives
Support data collection, outcome monitoring, and service evaluation to demonstrate impact and inform service improvement
Work within clinical governance frameworks and contribute to quality improvement initiatives aligned with service objectives
Maintain safe, effective practice in line with organisational policies and professional standards
Work within scope of practice, ensuring appropriate escalation and referral to qualified clinicians
Demonstrate reflective practice and contribute to ongoing service learning and development
Coordinate the Community Village for West Somerset MSK Physiotherapy Community Appointment Days (CADs), integrating local services to support a holistic, non-medicalised approach to care and promote self-management through person-led conversations and practical tools

General Information

All work performed/duties undertaken must be carried out in accordance with relevant SASP policies and procedures, within legislation, and regarding the needs of our customers and the diverse community we serve.

Person Specification

Community MSK Physical Activity Instructor	
Qualifications	
Sport, exercise or health related qualification including Degree, Diploma of Higher Education, Foundation Degree, Higher National Diploma	Desirable
Level 3 Exercise on Referral fitness qualification (or working towards)	Essential
At least 2 years health and fitness industry experience	Essential
Valid driving licence, access to car and business insurance	Essential
Knowledge	
Applied anatomy and physiology to support people living with one or more long term health conditions to become more active	Essential
Exercise on prescription, and how to adapt physical activity programmes to meet the needs and interests of the person	Essential
Application of behaviour change strategies, including motivational interviewing and goal setting	Essential
Understanding how health inequalities impact people's attitudes and behaviours towards physical activity	Desirable
Establishing and developing partnerships and trust	Desirable
Skills and Abilities	
Ability to work on own initiative, within a team and across organisations	Essential
Confidently use a range of IT programmes including databases and Microsoft 365 applications	Desirable
Excellent organisation and time management skills	Essential
Ability to quality assure and risk stratify new physical activity opportunities for safety and appropriateness	Essential
Ability to make decisions within time pressured environments	Essential
Excellent communication and interpersonal skills to develop and manage relationships with people, stakeholders and partners	Essential
Experience	
Experience of conducting exercise and lifestyle consultations	Essential
Knowledge of a range of exercises and equipment to achieve different goals	Essential
Prescribing exercise for a range of injuries and both acute and long term health conditions	Essential
Project / event co-ordination or planning new group exercise sessions	Desirable
Working with professionals across primary and secondary care as well as physical activity providers in the community	Desirable
Supporting people with overcoming challenges and barriers relating to health inequalities and accessing physical activity	Essential
Work-related Personal Qualities	
Professional, approachable and enthusiastic and able to listen and build rapport with a range of people and their health needs	Essential
Committed to personal and team development	Essential
Willing to be flexible to meet the demands of services and people	Essential