

## Clinical Exercise Specialist

The role of the clinical exercise specialist (CES) is to deliver sustained, life-changing healthcare to CP+R athletes through monitored exercise sessions, nutritional guidance and lifestyle advice and support.

A CP+R CES' is an inspirational motivator who leaves no stone unturned in their pursuit of helping a person.

The CES has two principle areas of responsibility:

- + To expertly project manage a portfolio of athletes to continuously improve their health
- + To be a role model of the CP+R culture and our values:
  - o Empathy
  - o Relentless positivity
  - o Authenticity
  - o Meticulousness
  - o Friendship and teamwork
  - o Thirst for learning
  - o Unique contribution
  - o Making 'it' happen

## Responsibilities

### *Athlete care*

- + Assess the exercise capabilities of each athlete during an initial clinical assessment at the outset of their programme and prescribe an appropriate exercise programme
- + Support each athlete through each stage of their programme
- + Provide consistent and/or progressive levels of the CP+R exercise prescription programme
- + Ensure each athlete adheres to CP+R's "Four Pillars of Success"
- + Provide each athlete with a clinical reassessment and subsequent report of their progress
- + Engage in uplifting, positive and timely communications with athletes to support and encourage them in their programmes
- + Keep an updated record of each athlete's progress via their individual 'Athlete Profile'

### *Team support*

- + Ensure athlete databases and trackers are kept up-to-date to aid with company KPI's
- + Proactively assist the clinic coordinator with maintaining a top-quality environment for athletes and colleagues to excel

## Requirements

- + 2:1 or above predicted or acquired BSc grade in relevant degree
- + Proven experience in a customer service role
- + Proven experience or interest in rehabilitation or helping people
- + Excellent communication skills
- + Excellent organizational skills