

OVERVIEW OF THE ROLE

Our new Coach Parker programme in partnership with [BUCS](#) & [Our Parks](#) is an exciting opportunity for students to get involved in the delivery of outdoor sport & physical activity for their peers and other target groups. Our Coach Parkers will be upskilled with a Level 2 qualification enabling them to lead outdoor fitness classes such as HIIT, boot camps and circuits on our fabulous outdoor campus spaces. Coach Parkers might also work with targeted groups out in the wider Leicester community. Coach Parkers will lead fun, accessible, inclusive outdoor sessions in areas like the Campus Centre and Bede Park which reach the inactive and engage new audiences – maximising our community outdoor spaces for the benefit of everyone. No gym membership or fancy equipment needed – just turn up and tone up with us! It is a fun and challenging role and you will be helping your fellow students to become more active whilst at university as well as developing your own skills. Absolutely anybody can become a Coach Parker. You do not need any previous experience of delivering activities. We are looking for people with excellent soft skills and an interest in supporting others to improve their health and wellbeing. If you can bring an engaging and lively personality, we can upskill you with all the skills you need to be a successful Coach Parker!

DUTIES & RESPONSIBILITIES

- Commit to support the piloting of at least one Coach Parker project during the course of the 21-22 academic year. As this is a new project, we have the freedom to develop and pilot a range of activities but this could include delivering pilot sessions across campus or in the wider community.
- Attend all training required for the role including the Level 2 Coach Parker e-learning modules and subsequent assessment day and 'audition'
- Contribute to the development and sustainability of the Coach Parker programme at the university
- Represent the University, BUCS, Our Parks & DMUsport in a positive manner
- Record participation details from all sessions delivered on our online system
- Provide regular feedback from your sessions
- Design & deliver fun, inclusive, welcoming and safe sessions including a warmup and cool down
- Maintain open lines of communication with the DMUsport team

SKILLS & EXPERIENCE REQUIRED

- You **do not** need prior experience of delivering sport & physical activity as full training will be provided, however prior experience of leading others is desirable
- A passion for developing wellbeing and supporting people to become more active
- A desire to maximise the usage of our community outdoor spaces
- An interest in outdoor activity and fitness classes particularly HIIT, circuits and boot camp style interventions
- Excellent people & communication skills
- A commitment to delivering sessions which are inclusive and accessible for all students
- Be willing and able to engage with the programme in its entirety including e-learning modules, the assessment day, 'audition' and subsequent delivery
- Enthusiasm, energy & a positive 'can do' attitude
- The ability to work independently as well as part of a team
- Flexible & adaptable

SKILLS DEVELOPED

Communication, Team Working, Leadership, Flexibility, Planning & Organisation, Independent working, Time management.

TRAINING & SUPPORT

We want you to have the very best volunteering experience with us; therefore we take care to ensure you get the training and support you need to carry out your role including:

- An initial induction to the organisation and the role
- Level 2 Coach Parker qualification (blended qualification involving completing a series of e-learning modules followed by an in-person assessment day and Coach Parker 'audition')
- Ongoing mentoring and support from the DMUsport team. Any further training and support needs will be discussed with the team.

REWARD & RECOGNITION

The time and skills that you provide are invaluable and we make every effort to ensure you feel appreciated in your role. DMUsport is invested in retaining volunteers and ensuring their volunteering is a supportive, high quality experience working to the common aims of growing university sport and developing students' skills. All Coach Parkers will be eligible for the following:

- A uniform in the form of a DMUsport leadership t-shirt to wear during their sessions
- Access to all training required to complete the role including a formal Level 2 Coach Parker qualification
- Higher Education Achievement Record (HEAR)

COMMITMENT

Ideally you will be able to commit to attend a Coach Parker assessment day/ audition (8 hours) and complete all of the Level 2 Coach Parker e-learning modules in preparation for this (roughly 18 hours). Following this you will be able to commit to the delivery of 10-12 pilot sessions – this will help us understand what types of interventions work for our students and enable you to consolidate your learning from the course. Locations & interventions will vary depending on the needs of our students but will be campus based and accessible. If you are likely to find this commitment difficult, please speak to the DMUsport team who will be able to discuss this in more detail.

FURTHER INFORMATION

- Coach Parkers are responsible to Matty Crackell, Sport Development Officer and Emilie Fairnington, Sport Project Coordinator in the DMUsport Team
- Following your online application, you will be invited to an online induction session about the role
- This will be followed by an assessment day/ audition. You will have from the induction session until the assessment day to complete the e-learning course.