



UNIVERSITY OF  
LIVERPOOL



# University of Liverpool

**FITNESS CONSULTANT / CANCER EXERCISE SPECIALIST**

**Job Ref: 042270**

**Faculty: Health and Life Sciences, Institute of Population Health, School of Health Sciences**

**Location: Remote**

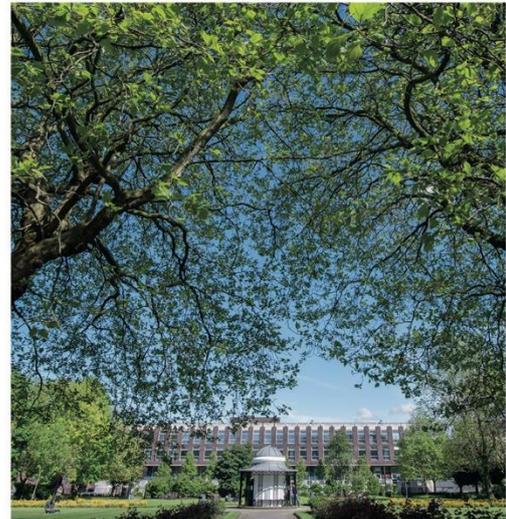
**Grade: 8**

**Salary: £42,149 - £53,348 pa (pro rata)**

**Hours of Work: 0.2FTE**

**Tenure: Until 1 August 2023**

**Shortlisting and interview arrangements are the responsibility of the recruiting Department. Please contact Gaynor Vane on 0151 795 5362 email: [iphhr@liverpool.ac.uk](mailto:iphhr@liverpool.ac.uk) for all enquiries.**





*UK leader*  
in social mobility.



*Russell Group*  
Member of the Russell Group.



*At the forefront of*  
innovation and discovery.



*Nobel Laureates*  
Associated with nine Nobel Laureates.



*Investing*  
in our campus.

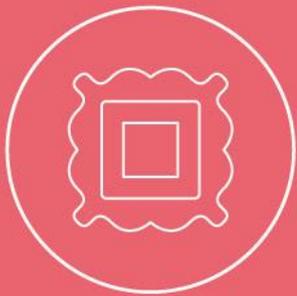


*Global links*



# Affordable

Based in the 2nd most affordable UK city.



More galleries and museums than any UK city outside of London.



Birthplace of The Beatles and home to two Premier League Football clubs.



# 33,000

33,000 students, 7,500 of whom travel from all over the world to study here.





## Job Role



### The Institute of Population Health

The Institute is located in the Faculty of Health and Life Sciences. The Institute conducts world-leading research into the effectiveness of health services, the social origins of health and social inequalities in healthcare, mental health and well-being, including the evaluation of a wide range of psychosocial interventions and therapies. It conducts internationally acclaimed research into many aspects of psychology and human behaviour, including perception, language development, pain, addition, appetite, and offending behaviour. This post is located in the Department of Primary Care and Mental Health.

The Institute employs academic GPs, public health professionals, psychologists from a range of professional backgrounds, psychiatrists, nurses, midwives, allied health professionals and social scientists. Our research groups work with colleagues from hugely diverse backgrounds; from academic colleagues from many Universities across the world, with industrial partners, with the NHS and other healthcare providers, politicians and political administrators, the police and partners across civil society. We work across the world - from investigating respiratory disease in central America, through promoting the psychological well-being of young mothers in the middle east to studying attitudes towards epilepsy in Asia - and across widely different aspects of human behaviour - from innovative therapies for many different psychological problems, managing substance use and obesity, through helping people return to work after periods of ill-health and innovative food policies through to the policing of terrorist incidents. In all these areas, our work is characterised by a focus on research excellence and by attention to the real-world impact of our scholarship. In addition to our large and active programme of postgraduate research, we contribute substantially to undergraduate teaching in the Faculty of Health and Life Sciences, and many of us provide clinical services through local NHS Trusts.

### The Post

An exciting opportunity has arisen for us to recruit an appropriately qualified and enthusiastic Cancer Exercise Specialist to join a team working on a new multidisciplinary project '**Activity as medicine in oncology for Head and Neck**' – a patient-centred approach to physical exercise for head and neck cancer. This two-year study is funded by a NIHR Research for Patient Benefit award and is based at the University of Liverpool and Liverpool University Hospitals Foundation Trust. This is a multiple methods feasibility study to investigate delivery of personalised, flexible, and collaborative exercise programmes in head and neck cancer. Findings will inform further research in testing for effectiveness, how best to engage these patients in exercise and how to integrate the intervention into day to day care. The appointee will join a wider community of researchers and clinical academics, working across these sites and our partner organisation at South Tyneside and Sunderland NHS Foundation Trust.

### The role

The post holder will be responsible for conducting a needs analysis with head and neck cancer patients via video or telephone call and then designing personalised 8-week exercise programmes based on the needs of each patient.

The post holder also will conduct weekly remote consultations with each patient that will include delivering behaviour change techniques to promote exercise adherence and promote compliance with patients completing their exercise log books. The post holder will mainly be working independently, however, plenty of support will be available, including fortnightly meetings with an exercise physiologist who is part of the trials team. The post holder will be expected to attend training on motivational interviewing, other behaviour change techniques, and standardized trial procedures before working with the first patient. We expect this post will involve around 500 hours of paid work spread over an approximate 13-month period. This includes payment for the time required to undertake the required training, all meetings, designing exercise programmes, and administration tasks associated with the role.

This role would suit a self-employed fitness professional.

### **Supervisory responsibility**

You will not be responsible for managing other members of staff.

### **Supervision and support**

This post offers the opportunity to join a unique project, working with an experienced multi-disciplinary team and a pro-active patient and public involvement group. The project team have expertise in Patient Involvement and Clinical Physiotherapy. The team of investigators are experienced, highly motivated and supportive, with track records of relevant published research. Senior members include:

- Professor Jo Patterson (lead investigator), Professor of SLT / Head & Neck Oncology  
<https://www.liverpool.ac.uk/health-sciences/research/>
- Professor Adrian Midgley, Professor of Clinical Exercise Physiology  
<https://www.edgehill.ac.uk/sport/staff/professor-adrian-midgley-2/>
- Professor Simon Rogers, Consultant Head and Neck Surgeon  
<http://eshare.edgehill.ac.uk/profile/2892>
- Mr Andrew Schache, Reader in Head and Neck Surgery <https://www.liverpool.ac.uk/translational-medicine/staff/andrew-schache/>
- Dr Andy Levy, Reader in Psychology and Chartered Exercise Psychologist  
<https://www.edgehill.ac.uk/psychology/people/academic-staff/dr-andy-levy/>
- Dr Steven Lane, Lecturer in Medical Statistics <https://www.liverpool.ac.uk/translational-medicine/staff/steven-lane/>
- Professor Bridget Young, psychologist and qualitative expert (<https://www.liverpool.ac.uk/psychology-health-and-society/staff/bridget-young/research/>)

### **Direct Clinical Contact with Patients/Social Contact with Patients**

You will work in an area which will require direct clinical and/or social contact with patients. A system to control the risks is in place. Appointment will be subject to Occupational Health screening.

### **Honorary NHS Research Passport**

As an applicant for a post which involves contact with patients, you will require an NHS Research Passport. Appointment will be subject to Occupational Health screening.

### **Honorary NHS Contract**

As a condition of appointment, the appointee will be required to hold an NHS Honorary Contract in Liverpool University Hospital Foundation Trust Trust.

# PERSON SPECIFICATION

## Essential Criteria

## Desirable Criteria

(Identified from – Application form, CV, Supporting Statement, Interview, References)

### Experience

1.1	At least 6 months experience in designing and supervising exercise programmes for those living with and beyond cancer	Experience of working with people with other clinical conditions
1.2	Experience of prescribing and supervising resistance exercises that incorporate elastic resistance bands	Experience of using motivational interviewing in people with long term conditions
1.3		Experience in the remote delivery and supervision of exercise programmes

### Education, Qualifications and Training

2.1	Evidence of literacy and numeracy to GCSE level.	Additional level 3 and 4 vocational fitness qualification(s)
2.2	UK level 3 personal training qualification	Evidence of continued professional development
2.3	Level 4 qualification in designing and adapting physical activity programmes for those living with cancer	Training in motivational interviewing
2.4	Have personal professional indemnity insurance	

### Skills, General and Special Knowledge

3.1	Understanding the importance of confidentiality, data protection, and health and safety	Knowledge of behaviour change interventions
3.3	Excellent verbal communication and interpersonal skills	Good negotiation and problem-solving skills
3.4	Excellent organisational and time management skills	
3.5	Good computer literacy	
3.6	Able to present written information in a clear and logical manner and maintain legible and accurate notes	
3.7	Able to recognise boundaries of own responsibilities and scope of practice	

### Personal Attributes and Circumstances

4.1	Have access to a computer and mobile phone	Confidence in working with a wide range of stakeholders, including patients and healthcare professionals
4.3	Ability to closely follow standardised procedures and pay attention to detail	
4.4	Ability to work effectively independently and as part of a team	
4.5	Ability to manage sensitive situations and to motivate others	
4.6	A desire to work in genuinely collaborative ways with cancer patients	



## How to Apply



To apply for a Vacancy at the University you must register on the University of Liverpool E-Recruitment site, <https://recruit.liverpool.ac.uk>

If you have any queries relating to applying for a Vacancy please contact the Recruitment team by email – [Jobs@liverpool.ac.uk](mailto:Jobs@liverpool.ac.uk)

### Acknowledging your application

Once you have submitted your application you will receive an automatic acknowledgement. Your application can be viewed at any time in the Application History section of your E-Recruitment Account.

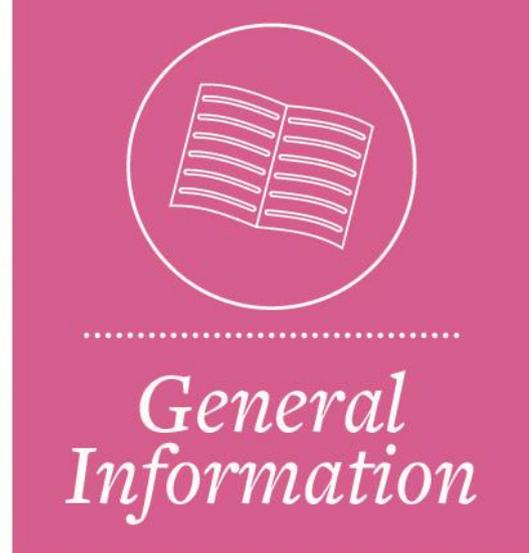
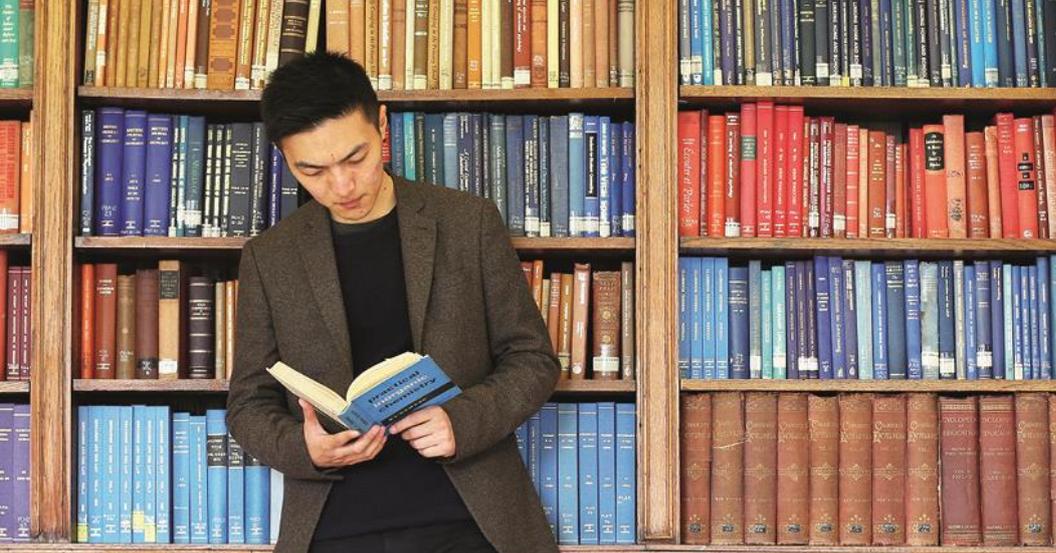
### Outcome of applications

**Vacancies at the University often attract a large number of candidates and it is not always possible to respond individually to every application. If you have not heard from the recruiting department within 6 weeks after the closing date please take it that your application has not been successful.**



Micah  
Liverpool





### Asylum & Immigration

The University will comply with the Immigration, Asylum and Nationality Act 2006, which requires all employees to provide documentary evidence of their legal right to work in this country prior to commencing employment. Please be aware that you will be required to bring your passport (and visa if applicable) to interview so that it can be copied and verified by a member of the Selection Panel. For posts requiring a recognised degree level or equivalent qualification, and where there is no suitable UK or European Economic Area candidate, the University will take the necessary steps to secure UK Visa and Immigration permission for a foreign national to take up employment.

Should a candidate require a Certificate of Sponsorship in order to take up a post they will need to meet the Home Office Tier 2 Points Based Criteria. A self assessment tool can be found on the UK Visa and Immigration website: <https://www.points.homeoffice.gov.uk/gui-migrant-ysf/SelfAssessment/SelfAssessment>.

A candidate may also be required to undertake an English Language test prior to commencing work at the University. Details of Home Office approved tests can be found at: <https://www.gov.uk/government/publications/guidance-on-applying-for-uk-visa-approved-english-language-tests>

Further information on the eligibility criteria for Certificates of Sponsorship can be found at: <https://www.gov.uk/tier-2-general/eligibility>.

### National Insurance Number

All employed individuals must possess a UK National Insurance Number. Further information and how to apply for a unique National Insurance Number can be found at: <https://www.gov.uk/apply-national-insurance-number>

### Diversity and Equality

The University of Liverpool is committed to diversity and equality of opportunity. All employees and applicants for jobs will be considered on their abilities and will not be discriminated against on the grounds of age, caring responsibilities, colour, disability, employment status, gender, gender identity, marital status, nationality, race or ethnic origin, religion or belief, sexual orientation, socio-economic status or any other irrelevant distinction. Training is available to support career progression within the University.

### Two Ticks Disability: Guaranteed Interview Scheme (GIS)

The University of Liverpool is committed to the employment of disabled people, and as part of our commitment, we guarantee to interview all disabled applicants who meet the essential criteria for a post and consider them on their abilities. If your disability prevents you completing the application form by the specified closing date, or when the vacancy closes early, due to a high volume of applications, please call the Recruitment Team to discuss alternative arrangements. <http://www.liv.ac.uk/working/jobvacancies/guaranteedinterviewscheme/>

### Micah Liverpool Programme

The University of Liverpool supports the Liverpool Anglican Cathedral Micah Liverpool Programme. Applicants who have successfully completed the programme and meet the essential criteria for the post will be offered a guaranteed interview. Please note that individuals will be confirmed through the Micah Liverpool Programme directly. <http://www.liverpoolcathedral.org.uk/home/micah-liverpool.aspx>

### GiveGetGo Volunteer Programme

Applicants who have successfully completed the GiveGetGo Volunteer Programme at the University in Partnership with the Transform Lives Company who meet the essential criteria for the post will be offered a guaranteed interview. Please note that individuals will be confirmed through the GiveGetGo Volunteer Programme directly.

<https://www.liverpool.ac.uk/working/jobvacancies/givegetgo/>

### Accessibility

If you require copies of documentation in alternative formats, for example, large print or Braille, please contact [jobs@liverpool.ac.uk](mailto:jobs@liverpool.ac.uk) or telephone 0151 794 6771.

If you have any other requirements which will help you access the application or interview process or employment opportunities at the University of Liverpool, please let us know by contacting [jobs@liverpool.ac.uk](mailto:jobs@liverpool.ac.uk) or telephone 0151 794 6771.

### Pension

Information about The Occupational Pension Scheme associated with this appointment can be found [here](#). You are encouraged to familiarise yourself with the full particulars of the scheme.