

**THE ROLE**

We are seeking a part-time motivated Exercise Physiologist/Exercise Scientist/Experienced Personal Trainer in Wellington, NZ for 15-20hrs p/wk with the view to increase the number of hours over the next 6-months. The role will be as a contractor but open to discussion on bringing your own business and working out of physique if you wish to do so.

**ABOUT US**

Physique Studio is a boutique gym and rehab centre in Karori, Wellington with a focus on health and wellbeing. The space is different from other gyms as it provides a luxury, uncrowded environment with a community focus. As Exercise Physiologists we are passionate about helping people reach their goals, from losing weight, building strength and endurance, balance and flexibility to recovering from surgery. Additionally, because we understand the pathophysiology of many chronic conditions we help those clients with chronic diseases/conditions reach a stage where they are able to self-manage their conditions through exercise and other means. We strive to not only provide exercises that are justified but to also help with stress, fatigue, sleep and nutrition. Essentially - we focus on the whole human!

**ABOUT YOU**

* Well-developed interpersonal skills
* Highly developed time-management and communication skills
* Professional work ethic
* Ideally has exercise rehab experience but not necessary
* Positive can do attitude
* Out of the box thinker
* Brings a positive energy
* Goes above and beyond for clients
* Available to work on some evenings and Saturdays

**KEY RESPONSIBILITIES**

* Sign up and complete initial assessments for new members
* Exercise prescription for Healthy, Sports and Chronic disease (not necessary) populations. This includes exercise rehab for pre and post-surgical patients
* Development of home exercise programs
* Resource development – online videos, factsheets, templates
* Actively participate in professional development (formal and informal) to develop skills and interest areas
* Conduct pre-employment screenings i.e. hearing, vision, drug and lung function tests and Functional assessments (training will be provided)
* Maintain high level of work health and safety. This includes keeping a clean and safe environment

**REGISTRATION**

* SESNZ or CEPNZ accredited
* Exercise Science and Personal trainers accredited in their respective fields

**CONTACT**

If you think you would be a great fit for Physique Studio please send your CV and Cover letter to [vish@physiquegym.co.nz](mailto:vish@physiquegym.co.nz)

If you would like more information about Physique Studio and our services visit our website:

[www.physiquestudio.co.nz](http://www.physiquestudio.co.nz)