PHYSICAL ACTIVITY SPECIALIST IN OBESITY

About Us

The National Institute for Prevention and Cardiovascular Health (NIPC) is an independent, not for profit organisation established in 2014. Its primary mission is to enhance the cardiovascular well-being of the Irish population through clinical innovation, research, education and knowledge translation. As part of its vision to trial and test innovative models of service delivery, NIPC is the Republic of Ireland clinical partner on a new and exciting cross border obesity project known as "PEACETIME". This project is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

PEACETIME aims to increase access to care for individuals living with the disease of obesity and related complications. Delivered within a research framework, the project will involve developing and implementing a community based, integrated, obesity programme. Leveraging digital technologies, the programme will include a range of personalised, evidence based, clinical pathways that are designed to align to the National Model of Care for the Management of Overweight and Obesity. These pathways will be delivered by an interdisciplinary team (IDT) of nurses, dietitians, health coaches and a psychologist, physiotherapist and physical activity specialist, using a hybrid approach (in person and remote).

The Role

The primary focus of the role is to deliver the physical activity and exercise component of the PEACETIME intervention. The post holder will work as part of an interdisciplinary team of professionals to deliver holistic and patient-centred care to people living with obesity and its complications.

The successful applicant will be employed by the NIPC and will be based in Co. Donegal as part of a secondment arrangement with the HSE.

Reporting relationship

- The post holder's professional and clinical reporting relationship is to the NIPC Director of Clinical Innovation (Consultant Cardiologist) who provides clinical governance to the PEACETIME project.
- For operational and administrative matters, the postholder will report to the Operational Lead Integrated Care ICPCD (HSE) and the NIPC.

Principal Duties and Responsibilities

- Delivery of the physical activity and prescribed exercise component of PEACETIME.
- Delivery to a defined protocol, of a comprehensive physical activity assessment inclusive of: physical activity patterns; physical function; sedentary behaviour; and functional capacity; exploration of patient beliefs including readiness for change, and barriers and motivators to physical activity.
- Interpretation of the outcomes of the physical activity assessment, to determine an appropriate, individualised, evidence-based, physical activity and exercise programme.

- Ensuring exercise prescription is continually monitored and progressed, to reflect individual needs.
- Recognise contraindications to exercise, clinical deterioration and circumstances requiring escalation through agreed clinical pathways.
- Administration of accelerometers and wearables to track and modify physical activity targets.
- Collaboration with physiotherapy colleagues and the wider interprofessional team in the development of a personalised, safe exercise prescription and physical activity plan that meets with the patients' need and preferences.
- Ensuring a non-judgemental, stigma free environment is provided.
- Active participation in clinical audit and research ensuring efficient collection and management of participant and programme data.
- Ensuring comprehensive protocols of standardised best practice in obesity care with associated documentation are in place, reflective of current guidelines.
- Facilitation of health behaviour change utilising evidence-based techniques such as motivational interviewing, brief intervention and goal setting.
- Professional accountability for all aspects of your own work, working to best practice guidelines and the PEACETIME clinical protocol.
- Engaging in continuing professional development, keeping up to date on advances in obesity care.

Skills and Competencies

The post holder will be required to demonstrate:

- A proficient knowledge of obesity as a complex, chronic disease and current treatment approaches.
- An understanding of chronic conditions, including exercise safety and professional practice in working and prescribing exercise to individuals with chronic conditions, including those living with obesity
- Excellent organisational and management skills with an aptitude for problem solving, project planning, delivery and execution.
- Evidence based, professional decision-making, ensuring to seek the advice of relevant personnel when appropriate / as required.
- Highly effective communication (verbal and written) and interpersonal skills, including the ability to build and maintain relationships and to positively influence others.
- The ability to work autonomously and to adopt a collaborative approach to patient care through interprofessional team working.
- Maintenance of professional standards in relation to confidentiality, ethics and legislation.
- Initiative, motivation and an innovative approach to job and service development.
- Flexibility and adaptability in approach to work, ensuring efficient case load management.
- Excellent IT skills to include use of Email, Microsoft Word, PowerPoint and database management.
- Willingness to develop IT skills relevant to the role for example using digital health platforms, including data dashboards, and virtual platform (e.g. Zoom, MS Teams).
- Experience in public speaking and group facilitation of patient education sessions.
- A commitment to the delivery of quality service, measurable through audit and/or research.
- Awareness and appreciation of the service user and the ability to empathise with and treat others with dignity and respect.
- Evidence of working within own scope of practice as per professional requirements and in accordance with local guidelines.

Requirements

The post holder must be suitably qualified as follows:

- Level 8 Degree in one of the following: Sports and Exercise Science; Exercise Physiology, Clinical Exercise Science or a related field.
- Be registered at a Level 4 on either the Professional Register of Exercise Professional (REPS) Ireland, National Council for Exercise and Fitness (NCEF) or the Chartered Institute for the Management of Sport and Physical Activity (CIMPSA), with relevant training that applies to obesity management
- Have at least 2 years' experience of delivering and prescribing exercise for clinical populations including those with obesity, type 2 diabetes or CVD

Desirable:

- Experience in delivering physical activity and prescribing exercise using accelerometer and digital health technologies
- Completed a Level 4 cardiac population exercise training qualification
- A postgraduate qualification (level 9) in any of the following:
  - Obesity
  - Diabetes
  - Preventive Cardiology
  - Exercise Physiology

Remuneration

Salary scale for this post ranges from €35,000 to €45,000, subject to continued funding under PEACETIME.

The working week is 37.5 hours

This role is being offered as a fixed term contract until December 2028 (with possibility of extension). You will be subject to a 6-month probationary period. At the end of this period, subject to satisfactory performance, you will be confirmed in post.

Application deadline: **12.00 midday on 7 December 2026.**

A desktop shortlisting process may be carried out prior to interview stage. Attendance at interview will be at the candidate's own expense.

Interviews are scheduled to take place between 11 and 22 January 2027 and will be in person, with the option of remote if required.

This job profile will be subject to review in accordance with service developments and is neither restrictive nor definitive, but rather a guide to the general range of duties required.

Apply Now

Terms and Conditions

Contract Type

This is a fixed-term post linked to the PEACETIME project and will run until December 2028. This post includes a **6-month probation period**, during which performance and suitability for the role will be reviewed. The post will automatically end when the project concludes.

Reporting

Successful candidates will report to NIPC for all employment matters and will also have an operational reporting line to the designated HSE clinical lead for day-to-day service delivery. NIPC retains full responsibility for the duration of employment, including HR processes, contract management, performance management and compliance with NIPC policies.

Working Hours

The normal working week is **37.5 hours**, Monday to Friday. Working hours, rest breaks and maximum working limits will follow the Organisation of Working Time Act 1997.

Location

The role will be based in **County Donegal**, with travel across sites as required. Some limited hybrid working may be possible depending on service needs. As this role involves some work on **HSE sites**, you will be required to follow local site protocols and procedures, including health and safety and patient-related processes.

Salary

The salary for the role is set out above. Salary is paid by bank transfer on the **21st of each month**.

Annual Leave

Annual leave entitlement is **21 days per year**, plus public holidays, in line with the Organisation of Working Time Act 1997. Annual leave must be approved in advance and taken at times that meet service needs.

Overtime and TOIL

NIPC does not pay overtime. Where additional hours are required and approved in advance, staff may take equivalent Time Off in Lieu (TOIL).

Sick Leave

Paid sick leave may be available under the NIPC sick pay scheme after 3 months of service. Medical certification is required for absences of three days or more, with weekly certification thereafter.

Pension

From 2026, all staff will be automatically enrolled into the national Auto-Enrolment Retirement Savings Scheme. Further details will be provided at the start of employment.

Travel and Expenses

Some travel may be required as part of this role. Approved mileage and other expenses may be claimed in line with NIPC policy. Use of a personal vehicle for work requires appropriate roadworthiness and insurance.

Notice Period

Once probation is completed, the notice period for both employer and employee is **one month**. During probation, one week's notice applies.

Policies and Compliance Requirements

All employees must comply with NIPC policies and procedures, including:

- Confidentiality and data protection (GDPR)
- Dignity and respect at work
- Health and safety
- Code of conduct
- Grievance and disciplinary procedures
- Attendance and absence reporting
- IT, digital security and professional behaviour standards

Full policy details will be provided in the employee handbook at commencement of employment.

Right to Work

Appointment is subject to confirmation of eligibility to work in the Republic of Ireland. Successful candidates will be required to provide valid photo identification and proof of address as part of the right-to-work and pre-employment checks.

Vetting and Checks

Where required, Garda vetting, reference checks, qualification verification or professional registration checks may apply depending on the role.

Data Protection

Personal data provided during the recruitment process will be processed in line with GDPR and NIPC's Data Protection Policy.