



<b>Job Title:</b>	Clinical Exercise Coordinator	<b>Job Category:</b>	Clinical Exercise / Chronic illness / Medical
<b>The Company</b>	ExWell Medical (CLG)	<b>Job Code/ Req#:</b>	CEC1
<b>Location:</b>	Dublin	<b>Travel Required:</b>	Travel Required
<b>Level/Salary Range:</b>	Negotiable depending on experience. (€31.2K-40k/annum)	<b>Position Type:</b>	External Post PART TIME & FULL TIME Temporary to Permanent
<b>HR Contact:</b>	<a href="mailto:dfagan@exwell.ie">dfagan@exwell.ie</a>	<b>Date Posted:</b>	12 <sup>th</sup> Jan 2026
<b>Will Train Applicant(s):</b>	All training will be provided for incoming staff.	<b>Posting Expires:</b>	23 <sup>rd</sup> Jan 2026
<b>Website URL:</b>	<a href="http://www.exwell.ie">www.exwell.ie</a>		

#### Applications Accepted By:

<b>EMAIL:</b> <a href="mailto:dfagan@exwell.ie">dfagan@exwell.ie</a>	<p><b><u>Who we are:</u></b></p> <p>ExWell Medical is a social enterprise with a not-for-profit ethos which offers medically led exercise programmes (with a group class, online and one-to-one offerings) to patients with diverse chronic illnesses (across the age span) on medical referral. Participation restores confidence, mobility and enjoyment and transforms lives. There is now a very strong evidence base supporting the effectiveness of the ExWell programme.</p> <p>The ExWell programmes are delivered by highly trained staff from Sports and Exercise Science, Physiotherapy and other Allied Health Professions backgrounds. The work we do has a profound impact and is professionally satisfying and rewarding, and we strive to create a stimulating and enjoyable work environment.</p> <p>ExWell is in a phase of rapid expansion and we now operate in 60 centres nationally. We now seek to identify and recruit professionals who are ambitious to work in community-based chronic illness rehabilitation and want to make a difference.</p>
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#### JOB DESCRIPTION

## **Roles and Responsibilities**

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The role is a satisfying and challenging mix of class delivery, baseline/retesting of various components of fitness/health. The responsibilities include;

- Supporting aspects of inductions for new referrals, including:
  - Scheduling patients for induction
  - Collecting and uploading (to ExWell's data system) all relevant data, including baseline tests.
  - Supporting retesting sessions quarterly for all active participants, including data collection, generation of reports and communication back to referrers.
  - Delivering classes, including running classes, ensuring that appropriate equipment is available, maintaining participant attendance records, monitoring participant adherence and overseeing payment by participants where relevant.
- reporting directly to the regional programme manager of the programme
- Working closely with the other members of the delivery team to maximise the quality of classes and the customer experience.
- Assisting the medical team with the development of a sound referral pathway.
- Assisting in managing and mentoring interns who may be placed within the programme

## **Broader General Duties**

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- Working closely with the ExWell Medical Team in ensuring the company values are always adhered to and that work practices always consider the company's core values.
- Adhering to company strategy and goals as directed by senior management.
- Participating in continued professional development, performance management, and employee support programs.
- Supporting the Management team in developing and maintaining relationships with key stakeholders, including programme participants, beneficiary organisations (such as the HSE and Health Insurers), programme delivery partners, industry partners and funders.
- ensuring that all relevant governance-related policies, procedures and documentation related to the role have been read, understood and signed.

## **REQUIREMENTS**

- minimum B.Sc.(Level 8) in Exercise Science/Sport Science/Clinical Exercise / Physical Activity / Health Promotion / Physiotherapy or similar. (Industry experience may be considered alternatives to the above B.Sc. qualification).
- Experience teaching fitness classes, preferably with older adults and/or people with disabilities.
- BACPR (British Association for Cardiovascular Prevention and Rehabilitation) Specialist Instructor Certification. This certification can also be provided to successful applicants.

#### **PREFERRED SKILLS**

- Level 8 degree in Sport Science or Exercises Physiology / Athletic Therapy or related fields or a minimum of FETAC level 4+ gym instruction/exercise class instruction certification.
- Highest quality exercise class delivery skills.
- Experience and confidence working with various levels of ability, including clinical cohorts.
- Competence in IT and computer skills allows them to support their day-to-day delivery of the programmes under their responsibility.
- Excellent person-centred skills
- Flexibility to operate across multiple sites and be reliable at all times.
- Ability to work as part of a multi-disciplinary team of Doctors, Physiotherapists, Clinical Exercise Specialists and Coordinators.
- Clean driver's licence and ability to travel outside the home county to work is preferable

#### **ADDITIONAL NOTES**

- A number of opportunities are now available for the above post.
- Compensation package will reflect experience and expertise.
- ExWell is a rapidly growing company which partners with both public and private organisations to assist in its delivery across a national footprint with ExWell centres now operating in 14 counties with ambitious growth plans for the coming years.

#### **HOW TO APPLY.**

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Email CV to [dfagan@exwell.ie](mailto:dfagan@exwell.ie) along with a brief cover letter explaining your suitability for the post.