



Job Title	<b>Sports/Gym Assistant</b>
Department/Institute	<b>Sports Section</b>
Reporting to	<b>Director – Institute for Community Services</b>
Main Objective	<b>To promote sports among MCAST staff and students</b>

1. Manage and run the gym/s which will be open to all MCAST students and staff as well as to the general population; have knowledge and experience of weight training principles, weights and cardio equipment; have the ability to write and follow up training programs for individuals; be able to do basic fitness testing with individuals who attend the gyms; be able to organize fitness classes such as aerobics; provide supervision to MCAST students studying the sports courses.
2. Help in promoting, organizing and running sports and leisure activities at the MCAST campuses;
3. Promote the healthy practice and enjoyment of a variety of sports while facilitating the development of leadership, collaboration and team spirit on an individual and group basis;
4. Be experienced and knowledgeable in various sports to help in the running of leagues, refereeing etc.
5. Provide experiential placements for MCAST sports students.
6. Contribute to the provision of sports placements to any other students interested in sports careers.
7. Advise students on sports related health issues, nutrition and exercise appropriate to different sports, etc.
8. Administer first aid as and when required;

9. Monitor and supervise the students within the sports facilities;
10. Accompany students to sports and leisure activities held outside the college, both locally and abroad;
11. Perform other duties related to the post.
12. The list of duties can change according to the exigencies and demands of MCAST within the same grade of the post.