



Optimal Performance Limited
The Coach House • 26B Oakfield Road
Clifton • Bristol • BS8 2AT
Tel: 0117 973 3355 • Fax: 0117 973 3355
E-mail: enquiries@optimalperformance.co.uk
www.optimalperformance.co.uk

EXCITING JOB OPPORTUNITIES IN THE UNITED ARAB EMIRATES

Health Education Specialist (£27-£37k salary + living allowances)

with OPTIMAL PERFORMANCE LIMITED (OPL)

Position

Optimal Performance Ltd (OPL) is seeking to appoint a **Health Education Specialist** to work within the Health Education and Research Section of an existing Health and Sports Medicine Centre. The Centre is located at the Military High School in Al Ain in the Emirate of Abu Dhabi (see background and OPL UAE mission).

Job Specification

- Develop an existing Health and Fitness Curriculum, to improve the knowledge base among students and help them to make informed choices for living a healthy lifestyle
- Design health education literature and learning materials
- Design and implement various methods of assessment and accreditation to suit the learning abilities of all students
- Design and deliver questionnaires to ascertain the level of student understanding concerning all aspects of leading a healthy lifestyle
- Aid the design and delivery of a Healthy Eating; Education; Lifestyle; Physical Performance (HELP) Programme to 'at risk' students
- Aid the investigation, design and implementation of interventions and campaigns to promote physical activity, healthy eating, and other healthy living behaviours e.g. sleep and the dangers of smoking
- Aid the input and analysis of all data collected regarding student health
- Keep abreast of current educational thinking and ideas for curriculum development.



Employee Specification

Essential

- Degree in a relevant discipline (Physical Education; Sport and Exercise Science or similar field)
- Minimum of 3 years' experience teaching adolescents
- Proven record of designing, implementing and assessing health education learning materials
- Excellent skills in teaching and learning, including the ability to enthuse, motivate and encourage learning and assessment of learning
- Team worker and experience of leading a team
- Proficient IT (Microsoft Word, Excel and PowerPoint), organisational management and administrative skills.

Desirable

- Higher degree in a relevant discipline (MSc or PhD)
- Experience of curriculum design, implementation and evaluation
- Proficient use of Microsoft Publisher and other design software packages
- Knowledge of Arabic culture and language.

Personal Qualities

- Energetic and motivated with excellent interpersonal and communication skills
- Ability to manage effectively own workload and set realistic deadlines
- Ability to be flexible, adapt to and manage change
- Professional integrity, resilience and patience.

Timescales

The closing date for application is 12th February 2010, 13:00 (GMT). Interviews will be held in the United Arab Emirates (UAE) on 26th – 28th February 2010. The start date is 1st June 2010 or as soon as possible thereafter up to 1st September 2010. Contracts will be for approximately two years in the first instance (up to 31st March 2012), including a probationary period of three months. Contract extensions beyond two years are possible.



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Remuneration

Competitive remuneration packages will be offered comprising a combination of salary and allowances for accommodation, travel, medical insurance and schooling. Salaries are potentially tax free, if employees comply with HMRC personal taxation rules.

Contact

The OPL website is located at www.optimalperformance.co.uk. For further information on the position contact James Carter on 00971 (0)50 135 2716 between the hours of 08:00 and 15:00 (GMT) Sunday to Thursday or email james@optimalperformance.co.uk. To formally express an interest email Judith Norton (judith@optimalperformance.co.uk) with a cover letter (one page maximum) and CV (three pages maximum, including two nominated referees), by the 12th February 2010. Applicants are asked to include in their letter a) a signed declaration confirming that all the details contained in their CV and letter are to the best of their knowledge accurate and b) their available start date.

OPL UAE Mission

To optimise the health, fitness and wellbeing of future Armed Forces personnel in the United Arab Emirates by conducting systematic health-based interventions, with ongoing monitoring and evaluation to demonstrate effectiveness.

UAE Background

The Military High School (MHS) in the oasis city of Al Ain provides academic training for ~800 young Emirati men aged 13-18 following the SABIS (Choueifat) curriculum. The school also introduces young men to military life via the teaching of basic military skills (e.g. drill, weapons handling), leadership training, physical training and the teaching of 'life' skills. In the first half of 2007 OPL were invited by the UAE government to conduct an audit of the health and nutrition of MHS students. In 2008, on the back of recommendations that emerged from this audit, OPL was commissioned to help set up and run a Health and Sports Medicine Centre (HSMC) at the school.

The Centre, which has run successfully for almost two years, comprises a mixture of Emirati nationals and expatriate professionals (personnel from Great Britain and Ireland, New Zealand and Malta) working in one of three sections. The Physical Training and Rehabilitation Section designs the physical training programme, monitors it for effectiveness and rehabilitates injured students and staff using physical therapy. The Health Education Section promotes healthy lifestyles through monthly health campaigns, a school newsletter, a Health and Fitness syllabus and by carrying out research to assess the effectiveness of all the Centre's initiatives. The Nutrition Section works alongside catering staff to ensure healthy and balanced meals are provided and a colour-coded 'traffic light' food labelling system allows students to make informed choices. In addition, three dieticians run weight management clinics and workshops throughout the school day for underweight and overweight students.