



UNIVERSITY OF
CALGARY

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ACTIVE LIVING

2500 University Drive NW
Calgary, AB, Canada T2N 1N4
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Job Title: Instructor, Rehabilitation and Fitness and Joint Effort

Posting date: Dec 7, 2021

Closing date: Dec 19, 2021 Faculty/Admin

Area: Kinesiology

Department/Unit: Active Living - Health & Wellness

Nature of the Work

The University of Calgary's Active Living department is one of the largest and most diverse recreation departments based on a North American campus. Active Living has a team of 40 full time and up to 600 part time staff. On an annual basis our staff handle 47,000 registrations in over 75 recreational and sporting activities, and provide facility access to over a million users to our facilities: North America's largest Outdoor Centre with climbing and bouldering walls, a gymnastics centre, an Olympic sized pool, a fitness centre with 200 m track, Canada's largest university racquet centre, five gymnasiums and access to the Olympic Oval. The Outdoor Centre also provides its students and community over 16,000 outdoor equipment rental orders each year. Active Living's mission is to enrich lives by providing quality programming and educational experiences which promote and encourage lifelong active living for all.

The Fitness and Rehabilitation program offers services to adults with chronic physical disabilities including but not limited to spinal cord injuries, multiple sclerosis, stroke, cerebral palsy, traumatic brain injury and amputation. The program has 350+ registrants and utilizes practicum students, volunteers and part-time instructors.

The Joint Effort program offers services to adults with hip and knee osteoarthritis (OA). The 6 week Joint Effort sessions run year round and provide individualized exercise programming.

This position reports to and has accountabilities to the Program Coordinator. Hours will be based on programming needs but may vary between 2-21 hours / week. Multiple positions may be filled to accommodate all the classes needing instructors. Classes are programmed by academic term, with classes running Monday through Thursday in the mornings, afternoons, and evenings.

This position may involve moderate physical demands in relation to exercise demonstration and client transfer.

Primary Purpose of the Position *(Key purpose, functions, roles):*

The incumbent is responsible for assisting in the supervision and instruction of the Rehabilitation and Fitness and Joint Effort Programs. This includes designing individualized exercise programs, making program modifications throughout the session, practicum student and volunteer training, evaluating practicum students, ensuring the wellbeing of all clients.

This position holds responsibility of over approximately 8-10 volunteers, 3 practicum students, 20 registrants per class. The incumbent represents the University of Calgary Fitness Centre, the Active Living Unit and the Faculty of Kinesiology when conducting business within the University and in the community.

Qualifications/Expertise Required:

- University Degree in Kinesiology or related program with a specialization in adapted or rehabilitative physical education.
- Member in good standing with the Canadian Society of Exercise Physiology (CSEP) and current Certified Exercise Physiologist (CSEP-CEP) certification.
- Standard First Aid/CPR/AED
- Excellent verbal communication, organizational and customer service skills.
- Specific knowledge and understanding of a variety of chronic physical disabilities, and conditions as well as specific related medical terminology
- Experience working with people with a chronic disability is an asset

Accountabilities/Tasks and Duties

The position will assist in the effective operation of the Fitness and Rehabilitation program, providing quality programming based on current scientific based knowledge. The incumbent will provide learning opportunities for student practicums. All staff will work as a team with good communication and customer service.

Operational

- Assist in the supervision of assigned Fitness and Rehabilitation and Joint Effort classes.
- Assist in supervising volunteers and practicum students.
- Complete client program designs appropriate to each client's abilities
- Give consent on all exercise programs/modification conducted by Certified Personal Trainers and sign off on all Positive Par Q within the scope of practice of a CEP.
- Undertake on-going learning and personal development.

Client Services

- Develop and maintain key relationships between full and part-time staff, other instructors, volunteers, and practicum students
- Provide a positive, non-judgmental environment to assist clients
- Communicate regularly and thoroughly with the Program Coordinator, Joint Effort and Rehabilitation and Fitness Program.

Occupational Health & Safety

- Understands and complies with the requirements of the University's Occupational Health and Safety Policy
- Has knowledge of and understands the expectations of the University's Occupational Health and Safety Management System (OHSMS) and applicable Faculty/Departmental/Unit specific health and safety policies and procedures
- Ensures that all work conducted is in accordance with the Alberta Occupational Health and Safety Act, Regulation and Code and other health and safety legislation as applicable

To Apply:

Please submit your resume to Emma Smith at smithe@ucalgary.ca