

Job Title: HealthyU Trainer

Available evenings

Faculty/Admin Area: Active Living

Department/Unit: Health and Wellness

Email applications to healthyu@ucalgary.ca

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 vision is to enrich our community by providing exceptional experiences through our facilities, programs, and services fostering lifelong active living for all.

The Health and Wellness unit offers a wide range of programs and services to support individuals in the attainment of an improved quality of life and health. Programs and facilities in this area include fitness centres, group fitness classes, adapted and rehabilitative programming, and personal and group training. Facilities and programming are available to students, faculty, staff, and the public. The area is led by a team of health professionals that include Clinical Exercise Physiologists, Certified Personal Trainers, and Kinesiologists.

The Group Fitness programs offer a variety of instructor-led group exercise classes.

This position is considered a Non-Classified Teaching (NCT) position and reports to the Coordinator, Personal and Group Fitness. HealthyU classes are generally scheduled by term, with each class running once or twice per week for 8 weeks. Classes run year-around, with peak periods running from September to December and January through April. Hours are not guaranteed and will be scheduled by the Coordinator, Personal and Group Fitness based on current class offerings and operational needs.

This position will involve moderate physical demands in relation to exercise demonstration, participation, and leadership.

Primary Purpose of the Position

- To represent Active Living in every point of contact with a client and while at the University of Calgary
 - To showcase Active Living's core values of respect, inclusion, integrity, leadership, and fun
- To provide one on one and in class fitness assessments for participants following CSEP protocols
- To design and coach 50-minute group fitness programs for groups up to 18 participants
- To offer modifications and progressions as needed for participants based on assessment results
- To provide guidance to undergraduate practicum student through weekly shadowing sessions, mid-point evaluations and final evaluations

Qualifications/Expertise

- Bachelor's degree in Kinesiology, Exercise Science, Physical Education, or related considered an asset
- A Canadian Society for Exercise Physiology (CSEP) Certified Personal Trainer (CPT) designation, Clinical Exercise Physiologist (CEP) designation or Alberta Kinesiology Association (AKA) member
 - Any additional certifications considered an asset
- Group Fitness coaching experience and certification considered an asset
- Standard First Aid (valid within the last 3 years)
- CPR-C (valid within the last 3 years)
- Strong communication, customer service, and time management skills
- Proficient knowledge of Microsoft Office, including Outlook and Teams
- A reasonable level of fitness, in conjunction with leading client workout programs; the ability to perform / demonstrate exercises within the scope of client programs

Accountabilities, Tasks, and Duties

- Prepare class plans on your own time
- Standard classes are 50 minutes in length - Must include a warmup, cool down and approximately 30-35 minutes of group exercise specific to the class outline (based on a standard class length)
- Be in studio at least 15 minutes prior to class for set up. Set up and take down of equipment is expected (within reason) and time to do so is considered part of class time

- Progressive planning to ensure participant success throughout the term
- Offer modifications as needed
- Take attendance and ensure participants match class lists
- Deliver a class within the time scheduled
- Create an inclusive space for all participants to feel welcome
- Use of designated UCalgary email and scheduling software
- Provide standardized initial and final Assessments to participants at the beginning and end of each series of classes
- **Timely and relevant communication with the Coordinator**
 - Responses to ALL emails within 48 hours
 - Notify Coordinator about incidents report within 24 hours
 - Troubleshoot and report any concerns to the Coordinator promptly
- Maintain certifications through certifying body
 - Payment for continuing education classes and certifications are the responsibility of the instructor
 - Current certification documents must be submitted to Coordinator
- Maintain Standard First Aid and CPR

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