

Recreation Services | UM

Recreation Services aims to inspire and facilitate University of Manitoba students, staff, and the community to embrace active healthy lifestyles through involvement in diverse, enjoyable, and educational experiences. Recreation Services seeks to contribute to an improved quality of life by enhancing the student, staff and community members experience, sense of community, and interaction in safe and welcoming environments through a diverse variety of programs for all ages and physical abilities, as well as gym membership options.

KINESIOLOGIST (0-35 hours/week)

This casual position exists to provide direct service to students and staff of the University of Manitoba and community members by assisting in the design, delivery, and evaluation of various testing, training, and fitness services in the following areas:

- Personal and Group Training
- Occupational Testing, Programming and Training
- Employee Well-being
- Fitness Attending and Facility Monitoring

KEY RESPONSIBILITIES AND DUTIES

Direct Service and Evaluation (70%)

Personal Training & Fitness Assessments

- Design specialized programs and lead exercise sessions with a client or group of clients using various pieces of fitness equipment and training modalities based on client history, abilities, needs and goals.
- Conduct and interpret various fitness assessment protocols based on scope of practice, industry standard and best practices.

Occupational Testing & Training

- Set – up, administer and interpret specified Occupational Testing Protocols to applicants, keep accurate and precise records, complete data entry.

Fitness Attending & Facility Monitoring

- Ensure the Fitness Areas are safe by monitoring for proper equipment usage, exercise execution and member code of conduct.
- Proactively engage with users to create a welcoming and inclusive environment, offering support, advice and information as appropriate.

Employee Well-being

- Provide health / wellness, nutrition (within scope) and physical activity / exercise information for the purpose of health enhancement, healthy lifestyle habit formation and disease prevention to various employee groups.

Customer Service (10%)

- Provide information and support to customers about services offered by Recreation Services.
- Develop, evaluate, and refine registration processes and procedures in conjunction with the Coordinator to continually enhance the customer experience.

Program and Resource Development – Administrative Support (10%)

- Assists the Coordinator with various administrative tasks.

- Assist with content creation (for example, fitness floor basics, various virtual content such as *learn from the pros blogs, videos, etc*).

Equipment and Facilities (10%)

- Conduct regular safety checks of equipment, ensure accurate inventory, arrange for and complete proper maintenance and cleaning if required.
- Suggest new equipment for purchase or replacement.

QUALIFICATIONS

MINIMUM FORMAL EDUCATION/TRAINING REQUIRED:

- Completed BPE or BKIN or related degree
- Certified Personal Trainer (CPT) Certification through the Canadian Society of Exercise Physiology required but Certified Exercise Physiologist (CEP) maybe preferred. *Equivalent training and experience may be considered.
- Current CPR, First Aid and AED

EXPERIENCE:

Preference will be given to applicants who have experience:

- working with clients as a personal trainer.
- fitness testing and follow up program design.
- working in a customer service oriented environment

SKILLS AND ABILITIES:

1. Demonstrates good personal physical fitness and is able to apply core wellness values and ethics to daily activities.
2. Demonstrates a strong customer service philosophy, positive attitude, willingness to learn and participate in a team atmosphere.
3. Is action oriented, with the ability to problem solve and make sound independent judgements while under pressure.
4. Ability to establish and maintain effective working relationships with various levels of internal and external contacts.
5. Displays a high level of organization and time management skills. Can keep precise and thorough records along with meticulous data entry.
6. Possess knowledge and experience in the areas of applied exercise physiology, anatomy, body composition, fitness training principles, fitness appraisal and behaviour change counselling.
7. Demonstrated ability and experience with assessing health and fitness levels, counselling for change and prescribing exercise.
8. Effective oral and written communication skills, with the ability to communicate effectively with all levels of staff and the public.
9. Is sensitive to the needs and anxieties of diverse customers and can effectively communicate in a diplomatic, tactful yet firm manner.
10. Can clearly and concisely explain and breakdown complicated information into fragments that are easy to understand for the general population.
11. Must be competent in Microsoft Office.

OTHER JOB RELATED QUALIFICATIONS THAT MAY BE PREFERRED:

- Must have excellent Customer Service skills and a willingness to interact with customers on an ongoing basis.
- Preference will be given to individuals displaying an energetic vitality for active living.
- Ability to work evenings and weekends