



# MoveU

## Team Member



**POSITION TITLE:** MoveU Team Member

**NUMBER OF OPPORTUNITIES:** 10-15

**DEPARTMENT:** Faculty of Kinesiology & Physical Education

**HOURS:** Average of 5-10 hours per month (September 2025-April 2026)

### **Overview of MoveU Crew:**

MoveU is an energetic, passionate, hard-working team of work-study students and volunteers dedicated to making physical activity a part of every University of Toronto (UofT) student's life. Launched as a campaign in 2012, MoveU aimed to promote physical activity as a wellness strategy and spread the message that physical activity doesn't mean taking a break from your work, but rather, being physically active is you at your most productive. Today, MoveU maintains the same values and continues as a branch of Sport and Rec, working to make physical activity opportunities that are accessible and welcoming for all activity levels (with a focus on beginners) and all body types. We focus on participation and enjoyment; our participants are too busy having fun to realize all the exercise they're getting!

Volunteers are at the core of the MoveU Crew and are essential to the development and dissemination of relevant physical activity information and motivation to students. Volunteering provides you with the opportunity to participate in a program that is beneficial to student success and allows you to build skills in team building, leadership, communication and problem solving. You'll also become part of a community of amazing, dedicated and fun people.

### **The MoveU Crew Volunteer Team members are responsible for:**

- Aiding in the planning, coordination, and facilitation of all MoveU events
- Promoting MoveU and partner (Sport & Rec, Diversity Moves Us, Hart House) programming, events, and activities
- Planning and leading facility tours
- Developing, designing and staffing health education displays on campus
- Collecting, developing and distributing health education materials
- Participating in campus orientation events
- Collecting statistics regarding the reach of health education programming for the purpose of program evaluation
- Referring students to on and off campus resources; and
- Liaising with campus and community partners in the development of health education initiatives

## **MINIMUM QUALIFICATIONS:**

### **Education:**

- University of Toronto St. George student enrolled for 2025/26 school year, and in good academic standing.
- Successful completion of a minimum of one year of university study at U of T

### **Skills:**

- Interest in promoting student health and wellbeing
- Knowledge of campus and resources
- Excellent oral and written communication skills
- Strong time management and organizational skills
- Appreciation of diversity issues and respect for individual choices
- Knowledge of Microsoft Office

### **Co-curricular Record Competencies developed:**

- Health Promotion
- Goal-setting and prioritization
- Project management
- Leadership
- Professionalism
- Reflective Thinking

### **Please apply with resume and cover letter to:**

Julia Esterhammer

Coordinator, EDIB and PA

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