



**UNIVERSITY OF TORONTO**  
**FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION**

**Strength & Conditioning Instructor – Olympic Weightlifting**

<p>The University of Toronto is strongly committed to diversity within its community. The University especially welcomes applications from visible minority group members, women, Aboriginal persons, persons with disabilities, members of sexual minority groups, and others who may contribute to the further diversification of ideas.</p>	
<b>Deadline:</b>	April 16, 2017
<b>Number of Positions:</b>	1 to 2
<b>Rate of pay:</b>	\$30.00-44.00/hour
<b>Position Start Date:</b>	May 1, 2016
<b>Position End Date:</b>	June 30, 2016
<b>Number of Hours per week:</b>	1 hour per class (Classes subject to cancellation due to low enrolment) Level I – Friday, 5:10-6:00pm
<b>Classification:</b>	Casual, non-union
<b>Summary:</b>	<p>Reporting to the Assistant Manager, Strength &amp; Conditioning, the Strength &amp; Conditioning Instructor is responsible for leading safe and educational Olympic weightlifting instruction classes to members of the Athletic Centre. The Instructor must demonstrate knowledge of Olympic weightlifting and have the ability to explain, demonstrate and teach proper and safe lifting techniques at the appropriate level of participation; and have the ability to set up and maintain equipment as needed. The Instructor must also be able to design a class outline, taking into account safety, equipment availability and exercise progressions.</p> <p>The Strength &amp; Conditioning Instructor must demonstrate professionalism; arrive ten minutes prior to class; start and end the class on time; record attendance; complete pay sheet(s) promptly and accurately; report any facility and/or equipment maintenance and repair needs; respect all staff and members of the Athletic Centre; and attend professional development workshops and mandatory training (if applicable).</p>

<p><b>Minimum Qualifications:</b></p>	<p><b>Education:</b> Previous experience or training in Olympic weightlifting, strength and conditioning, group fitness, anatomy and class organization or any other equivalent combination of training and experience. Degree or diploma in PHE/Kinesiology an asset.</p> <p>Preference given to current Strength &amp; Conditioning or Personal Training staff, followed by current University of Toronto students.</p> <p><b>Certifications:</b> Must have completed NCCP instruction and/or competition certifications in Weightlifting and Multi-sport. Current CPR-C, Standard First Aid and Personal Training certifications required (eg. Canfitpro, CSEP, NSCA, CPTN, etc.). NSCA-CSCS certification is a strong asset. All certifications must be current as of April 16, 2017.</p> <p><b>Experience:</b> A minimum of six months' experience teaching a range of strength and conditioning styles and levels. Familiarity with KPE programs and services.</p>
<p><b>Method of Application:</b></p>	<p>Resume and cover letter to be emailed to: <b>karen.anderson@utoronto.ca</b></p> <p>Subject line should include title of position. Olympic weightlifting class descriptions and schedules can be found at <a href="https://kpe.utoronto.ca/sport-and-fitness/olympic-weightlifting">https://kpe.utoronto.ca/sport-and-fitness/olympic-weightlifting</a></p>
<p><b>Contact Information:</b></p>	<p>Karen Anderson  Assistant Manager, Strength &amp; Conditioning  Faculty of Kinesiology &amp; Physical Education, University of Toronto  Athletic Centre  55 Harbord St.  Toronto, ON M5S 2W6  <a href="mailto:karen.anderson@utoronto.ca">karen.anderson@utoronto.ca</a>  416-978-8338</p>
<p><b>Date Posted:</b></p>	<p>March 24, 2017</p>