



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

| Fitness & Performance Coach – Part time | |
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| <p><i>Are you looking for challenging, meaningful work in a supportive and diverse environment? Are you looking for a career at one of Canada’s top employers? Work where the world comes to think, discover and learn. Consider a career at the University of Toronto.</i></p> <p><i>The University of Toronto is strongly committed to diversity within its community and especially welcomes applications from racialized persons / persons of colour, women, Indigenous / Aboriginal People of North America, persons with disabilities, LGBTQ persons, and others who may contribute to the further diversification of ideas.</i></p> | |
| Deadline: | July 15, 2022 |
| Number of Jobs: | 8-14 |
| Rate of pay: | \$20.00 |
| Position Start Date: | August 15, 2022 |
| Position End Date: | August 14, 2023 |
| Hours per week: | Must be available a minimum of 5-15 hours; hours subject to session programming Must be willing to work evenings and/or weekends, and split shifts |
| Classification: | Non-Union |
| Position Summary | <p>The Fitness & Performance Department provides a world-class coaching and training environment for all students, staff, faculty, and U of T community members, as well as Varsity Blues Student-Athletes.</p> <p>Fitness & Performance Coaches will gain valuable experience within the Fitness and Performance industry. We will be looking for successful candidates to learn, understand, and promote lifestyle behaviours that improve the health and wellness, fitness, and performance of all participants, students, and student -athletes.</p> <p>Successful Candidates within this role will be expected to:</p> <ul style="list-style-type: none"> - Lead programmed recreational workouts such as Big HIIT and Impact Training - Design and implement training program plans for a variety of participants and program offerings including Big HIIT, IMPACT Training, Intercollegiate, Specialized Personal Training, and External Group Training - Communicate and collaborate with Sport Coaches, Clinic staff and various other Sport & Rec team members - Conduct movement assessments and utilize assessment results within program design - Engage in the Personal Training program and maintain at least 2 personal training clients throughout the year |

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| | <p>Fitness & Performance coaches will also be expected to take an active role in their professional development. All coaches will maintain a Coaching Portfolio that will guide their learning and development throughout the year. Successful candidates will be required to maintain and update their learning portfolios, contribute to self and peer reflection activities and take advantage of mentorship from the senior F&P coaches and F&P lead coaches.</p> <p>All successful candidates will be <u>required to actively participate in all</u> staff training and ongoing professional development workshops as outlined below:</p> <p>Staff Training</p> <ul style="list-style-type: none"> • Monday August 29th – Friday September 2nd; 9:30am – 4:30pm • Friday September 9th, 12pm – 4pm <p>Ongoing Professional Development Sessions</p> <ul style="list-style-type: none"> • 2 hours once a month determined by availability <p>Responsibilities will be completed under the guidance of the Fitness & Performance Senior Coaches and Lead Coaches. Coaches are required to embrace and exemplify the mission, vision, and values of the Faculty of Kinesiology & Physical Education.</p> |
| <p>Minimum Qualifications:</p> | <p>Education: Pursuing or holding a degree in Kinesiology or related field</p> <p>Certifications:</p> <ul style="list-style-type: none"> • CPR-C; issued by a WSIB-recognized provider not more than one (1) year prior to your start date Aug 15, 2022. • Standard First Aid; issued by a WSIB-recognized provider not more than three (3) years prior to your start date Aug 15, 2022. <p>The incumbent must maintain all certifications while employed in this position.</p> <p>Valuable Qualities, Skills and Experience: Excellent customer service and conflict management skills Excellent communication (oral and written) and listening skills Excellent organization and time management skills Demonstrated ability to work with a diverse group of people and within a team Open minded/willingness to learn in an academic environment and ability to receive and provide constructive criticism Flexible and adaptable to accommodate and embrace dynamic working environments and diversity of opinions, ideas, experiences, and preferences Professionalism, health promotion and leadership skills Ability to foster inclusivity and equity in a fitness/athletic setting</p> |

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| Method of Application: | Resume and cover letter to be submitted via email Please include the position title in the subject line. Only complete applications will be considered. *Only those applicants selected for an interview will be contacted. |
| Contact Information: | Fitness & Performance Department Fitness.performance@utoronto.ca |
| Date Posted: | June 27, 2022 |