



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



| <b>Personal Trainer Instructor</b>   |   |
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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> |   |
| <b>Deadline:</b>   | <b>November 25, 2018</b>  |
| <b>Number of Jobs:</b>   | <b>1-2</b>  |
| <b>Rate of pay:</b>  | <b>\$22.50-38.00/hour</b>   |
| <b>Position Start Date:</b>  | <b>January 6, 2019</b>  |
| <b>Position End Date:</b>  | <b>May 4, 2019</b>  |
| <b>Number of Hours per week:</b>   | <b>Variable; hours subject to client(s) availability and demand</b>   |
| <b>Classification:</b>   | <b>Non-Union</b>  |
| <b>Summary:</b>  | <p>Reporting to the Coordinator, Personal Training &amp; Nutrition, the incumbent is responsible for providing prompt and professional, individualized customer service to clients by determining their client's readiness for physical activity, establishing baseline data to monitor their client's progress, scheduling, and implementing and evaluating an individualized fitness and health education program based on the client's needs, goals and interests. The Personal Trainer Instructor must also demonstrate knowledge of exercise program design and have the ability to explain, demonstrate and teach proper and safe lifting techniques at the appropriate level of participation, write training programs for clients which are safe and progressive, demonstrate and spot exercises to the client when appropriate, and have the ability to set up and maintain equipment as needed. He or she must market services and expertise to generate business for the University and is also responsible for recruiting and maintaining an active client base.</p> <p>The Personal Trainer Instructor must demonstrate professionalism, arrive five to ten minutes prior to a session, start and end the session 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 facilities, and attend professional development workshops and mandatory training (if applicable). He/she is also responsible for other administrative tasks as directed by the Coordinator,</p> |

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|                                       | <p>Personal Training &amp; Nutrition. Personal Training sessions may take place at the Athletic Centre, Goldring Centre for High Performance Sport or Varsity Centre.</p>  |
| <p><b>Minimum Qualifications:</b></p> | <p><b>Education:</b> Completed or pursuing a degree or diploma in PHE, Kinesiology, Physiotherapy or Health Sciences an asset.</p> <p><b>Certifications:</b></p> <ul style="list-style-type: none"> <li>• CPR-C; issued by a WSIB-recognized provider not more than one (1) year prior to November 25, 2018</li> <li>• Standard First Aid; issued by a WSIB-recognized provider not more than three (3) years prior to November 25, 2018</li> <li>• Personal training certification (NSCA-CSCS or -CPT, CSEP-CPT or -CEP, CPTN-CPT, canfitpro-PTS or equivalent); must be current as of November 25, 2018</li> </ul> <p>The incumbent must maintain all certifications while employed in this position.</p> <p><b>Experience:</b> Minimum 2 years of experience in a personal training role. Strength and conditioning, weight training and/or Olympic weightlifting experience strongly preferred. Previous customer service experience and/or experience working in a fitness/athletics facility. Familiarity with the Faculty of Kinesiology &amp; Physical Education's programs and services.</p> <p><b>Other:</b></p> <p>Excellent customer service skills<br/> Excellent oral and written communication skills<br/> Demonstrated ability to work with a diverse group of people and within a team<br/> Experience with conflict resolution<br/> Professionalism, health promotion and leadership skills<br/> Ability to foster inclusivity and equity in a fitness/athletic setting</p> <p>*Current full-time University of Toronto student preferred.</p> |

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| <b>Method of Application:</b> | <p>Resume and cover letter to be emailed to <a href="mailto:douglas.rosa@utoronto.ca">douglas.rosa@utoronto.ca</a></p> <p>Please include position title in subject line.</p> <p>*Only those applicants selected for an interview will be contacted.</p>   |
| <b>Contact Information:</b>   | <p>Douglas Rosa</p> <p>Coordinator, Personal Training &amp; Nutrition</p> <p>Faculty of Kinesiology and Physical Education, University of Toronto</p> <p>Athletic Centre</p> <p>55 Harbord St.</p> <p>Toronto, ON M5S 2W6</p> <p><a href="mailto:douglas.rosa@utoronto.ca">douglas.rosa@utoronto.ca</a></p> <p>416-978-4456</p> |
| <b>Date Posted:</b>           | Nov 7, 2018   |