



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Fitness and Performance Coach

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.

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.

Deadline:	July 14th, 2021
Number of Jobs:	10-15
Rate of pay:	\$15.00-\$35.00
Position Start Date:	Aug 3rd 2021
Position End Date:	April 30th 2022
Hours per week:	5-14; hours subject to session programming Must be willing to work mornings, evenings and/or weekends
Classification:	Non-Union
Position Summary	<p>The Fitness and 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>Coaches will have the opportunity to assist as well as take a lead role in the coaching and implementation of Fitness and Performance sessions including, but not limited to, Personal Training, Varsity team sessions, Squad Training sessions, and Big Hiit sessions (program details can be found at Utrain.utoronto.ca). A significant requirement of this position will be maintaining an engaging, motivating and inclusive environment for all participants, as well as contributing to the safe and effective management and operation of spaces, places, and equipment. Coaches will also be provided the opportunity to engage in one-on-one training with Personal Training clients, and gain experience in program development.</p>

	<p>Furthermore, Coaches will have the opportunity to take part in professional development opportunities within the department and in conjunction with Full Time Fitness and Performance Coach staff training.</p> <p>Responsibilities will be completed under the guidance of the Fitness and Performance Senior Coaches. Coaches are required to embrace and exemplify the mission, vision, and values of the Faculty of Kinesiology.</p>
Minimum Qualifications:	<p>Education: Pursuing or holds a degree in Kinesiology or relevant 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 3rd, 2021. • Standard First Aid; issued by a WSIB-recognized provider not more than three (3) years prior to your start date Aug 3rd, 2021. <p>The incumbent must maintain all certifications while employed in this position.</p> <p>Other: 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 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> <p>Staff Training Must be available for online training, on five consecutive weeks starting Week 1: Aug 2nd; Week 2: Aug 9th; Week 3: Aug 16th; Week 4: Aug 23rd; Week 5: Aug 30th on Tuesdays & Thursdays from 6-8 pm.</p> <p>In-person staff Training, September 7th.</p>
Method of Application:	<p>Resume and cover letter to be submitted via email Please include position title in subject line. Only complete applications will be considered. *Only those applicants selected for an interview will be contacted.</p>
Contact Information:	<p>Vanessa Treasure Fitness.Performance@utoronto.ca</p>
Date Posted:	<p>June 29th</p>