



Student Leadership Fitness & Performance Coach, 2022-2023

The Student Leadership Fitness & Performance Coach program provides students with an opportunity to enhance their personal, professional, organizational and leadership skills. Students in this program take an active part in university life via coaching in the Sport & Rec, Fitness and Performance program within the Faculty of Kinesiology and Physical Education. Through formal professional development and mentorship from Lead and Senior Fitness & Performance Coaches, students will gain insights and develop valuable skills and experience in preparation for future employment. Furthermore, this experience will better equip students with the practical knowledge and hands-on skills to take responsibility for their own health & wellness for life. Student Leadership Fitness & Performance Coaches can become advocates for, and leaders of, health & wellness in their future workplace.

This leadership and experiential opportunity will provide students with the following:

- **Knowledge and Skill Development**
 - 50+ hours of formal Fitness & Performance Professional Development
 - 5-10 hours of weekly Fitness and Performance coaching practice with a wide range of participants including recreational and intercollegiate group training programs, personal training clients and external partnerships.
- **Guided Professional Development**
 - Mentorship from Senior Fitness & Performance Coaches
 - Peer and Self-assessment for learning
 - Completion of a strategic reflection process to build desired skills
- **Future Employment Support:**
 - Participation in a structured leadership development framework focused on building core competencies to increase future employability
 - Record of accomplishments for resume enhancement

Over the course of the school year, Student Leadership Fitness and Performance Coaches will build a **Professional Coaching Portfolio**. This position aims to support students in the following:

- Effectively apply knowledge and develop observational skills related to fundamental movement patterns and key movement features
- Use effective time and energy management during all aspects of training sessions
- Communicate effectively with all stakeholders
- Effectively build and foster relationships with a variety of participants
- Work effectively with co-coaches



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Students will work to achieve these objectives through opportunities to practice across a variety of coaching settings, including but not limited to:

- Intercollegiate athlete Fitness & Performance training
- BIG HIIT (High Intensity Interval Training)
- IMPACT training
- Personal Training
- Movement Assessment

Mandatory Requirements

These requirements are important components of the learning and development opportunity. Candidates should carefully consider their ability to commit to these requirements prior to submitting their application.

1. All successful candidates will be required to maintain the minimum number of hours listed below for each activity (subject to participant demand)

- Intercollegiate athlete Fitness & Performance training (minimum 2 hours per week)
- BIG HIIT - Interval Training (minimum 2 hours per week)
- IMPACT training (minimum 1 hour per week)
- Personal Training (minimum 2 hours per week)

2. All successful candidates will be **required to actively participate in all** Staff Training and ongoing Professional Development workshops as outlined below:

Ongoing Professional Development Sessions

- ***Every other Friday, 12:30-2:30pm***
SEMESTER 1: Oct 28th, Nov 11th, Nov 25th
SEMESTER 2: Jan 13th, Jan 27th, Feb 10th, Mar 3rd, Mar 17th, Mar 31st

3. 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.



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POSITION INFORMATION	
Application Deadline:	September 30th, 2022
Number of Jobs:	10-15
Compensation:	\$17.50
Position Start Date:	October 17 th , 2022
Position End Date:	April 30 th , 2023
Hours per week:	Available for minimum 7-10 hours (refer to breakdown above); must be willing to work mornings, evenings, and/or weekends, and split shifts
Classification	Non-Union
Certifications Required	<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 15th, 2022.• Standard First Aid; issued by a WSIB-recognized provider not more than three (3) years prior to your start date Aug 15th, 2022
Other	<p><i>This position is open to any student entering their 1st to 5th year of undergraduate studies, or 1st year of Masters Studies at the University of Toronto.</i></p> <p>Students in this position should be highly motivated to develop the following:</p> <ul style="list-style-type: none">• Excellent customer service and conflict management skills• Excellent communication (oral and written) and listening skills• Excellent organization and time management skills• 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
Method of Application	Resume and Cover letter to be submitted via email Please include position title in subject line Only complete applications will be considered <i>**Only those applicants selected for an interview will be contacted.</i>
Contact Information	Fitness and Performance Department fitness.performance@utoronto.ca
Date Posted	September 19th, 2022