



Class No.:	
Original Date:	April 2022
Pay Grade	20

Position Title: Fitness Strength & Conditioning Facilitator

The Centre for Sport & Wellness (CSW) brings together excellence in community sport and active healthy living. The CSW in collaboration with CapU School of Kinesiology, Vancouver Coastal Health and community recreation services provides opportunity for high performance sport and active health programming in a safe, friendly, and educational environment located in North Vancouver on the traditional and ancestral territories of the Squamish, Tsleil-Waututh, Musqueam, Lil'wat and Sechelt (shíshálh) Nations. Our vision is to be recognized as a leader in community sport and active healthy living through the development and delivery of high-quality programs, and education to the community. The Athletics and Recreation Department provides leadership in wellness and active living, through opportunities for all in campus recreation and varsity athletics.

NATURE AND SCOPE OF WORK:

The Fitness Strength and Conditioning Facilitator, reports to the Active Health Programmer overseeing and working with a team of Certified Personal Trainers to provide consultations and assessments for students, staff, and faculty in the areas of lifestyle and exercise training, fitness testing, and individual fitness programming. The Fitness Strength & Conditioning Facilitator will also work with our varsity athletes to establish training programs specific to each team. Collaborating with the Athletic Therapist, the FS&C Facilitator will provide guidance for varsity teams in post-injury strength conditioning as well as injury prevention.

ILLUSTRATIVE EXAMPLES OF DUTIES:

- Provide guidance to Personal Trainers in the administration of the PT program, scheduling of sessions, and professional development opportunities.
- Assisting the Active Health Programmer in the hiring, training/onboarding, scheduling, and evaluation of student employees and Certified Personal Trainers, and volunteers.
- Design & implement comprehensive weight room orientations for students, staff & faculty.
- Provide instruction, training, and education on exercise execution of weightlifting techniques and programs.
- Working with the Athletic Therapist and Coaching staff to establish yearly training plans for varsity athletes.
- Assist the Athletic Therapist in providing rehab exercise programs to varsity athletes/teams.
- Inspecting and ensuring appropriate maintenance and safety of fitness equipment within the Centre for Sport and Wellness facility and report issues to the CSW Facility Supervisor.

- Assisting in the research and purchase of equipment, design, and layout of weight room to ensure client safety and educational training.
- Under the guidance of the Active Health Programmer provides recommendations for budget and service requirements for the upcoming fiscal year.
- Performs other related duties as assigned, including contribution to specific special events as assigned by the Active Health Programmer and/or Director, Athletics & Recreation.
- May be required to take training and act in the capacity of a floor warden as part of the University's Emergency Preparedness Plan (Fire, W.H.M.I.S., Earthquake).

REQUIRED KNOWLEDGE, SKILLS, AND ABILITIES:

The position requires professionalism, excellent customer service and client retention abilities, as well as a high level of strength and conditioning knowledge to design programs based on age, level, and ability for both individuals and teams.

- Ability to build strong relationship based on trust, support, and open communication.
- Possesses strong leadership and interpersonal skills.
- Demonstrates drive and initiative.
- Promotes teamwork and commitment.
- Thorough knowledge of Health & Safety, wellness and Fitness trends, programs, applications and implementation.
- Considerable knowledge of safe practice and procedures related to proper lifting, physical movements, and contraindications in the practice or applications of exercise.
- Understanding of financial literacy and how to monitor budget and purchase equipment.
- Ability to act with independence of judgment and to work both in a team environment and independently with minimal supervision.
- Ability to show confidence in initiating contacts internally and externally.
- Ability to demonstrate the appropriate skills and techniques to be used by clients, students, staff and faculty and the ability to visually monitor users. Ability to lift and move up to 50 lbs.
- Considerable knowledge and teaching skills in analysis and techniques of strength training.
- Active and health lifestyle with an interest in overall health, well-being and excellence in athletic performance.

REQUIRED TRAINING AND EXPERIENCE:

- A Bachelor's degree in Physical Education, Kinesiology, Recreation, or other related field.
- A minimum of two years of related experience developing team strength and conditioning training programs. Experience must include teaching skills in analysis and techniques of strength training.

REQUIRED LICENCES, CERTIFICATES & REGISTRATIONS:

- Must Have Current Standard First Aid CPR/AED Level C
- CSEP Certified Personal Trainer (CPT) or
- NSCA Certified Personal Trainer (CPT) or
- NSCA Certified Strength and Conditioning Specialist (CSCS) or
- CANFITPRO Personal Training Specialist (PTS)