



UNIVERSITY OF TORONTO  
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Part-Time Coach – Fitness & Performance	
<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>Wednesday, November 29, 2023</b>
<b>Number of Positions:</b>	1-3
<b>Rate of Pay:</b>	\$20.00
<b>Position Start Date:</b>	Monday, December 11, 2023
<b>Position End Date:</b>	Friday, August 23, 2024
<b>Number of Hours per week:</b>	Available to work for a minimum of 5-15 hours per week; hours subject to session programming times. Must be willing to work early mornings, evenings, and/or weekends, and split shifts.
<b>Classification:</b>	Casual, Part-time, Non-union
<b>Summary:</b>	<p>The Fitness &amp; Performance (F&amp;P) department of U of T Sport &amp; Rec within the Faculty of Kinesiology and Physical Education (FKPE), offers its members comprehensive and integrated physical activity and fitness training experiences at the Athletic Centre, Goldring Centre for High Performance Sport, and Varsity Centre at the St. George Campus.</p> <p>As an industry leader in wellness, physical activity, and high-performance training, the Fitness &amp; Performance department offers diverse opportunities for members to move well via integration of research, practice, and experiential learning to meet the needs of a broad range of participants and movement goals. The Fitness &amp; Performance team continues to develop and implement innovative programs and services that emphasize individual learning and will enhance physical and mental wellness, contribute to academic success, and create a foundation for healthy active living for members at the University and beyond.</p> <p>Part-Time Fitness &amp; Performance Coaches will have the opportunity to further enhance their knowledge and working experience relating to fitness coaching and programming, under the guidance and mentorship of Lead Coaches and Senior Coaches.</p>

	<p>Reporting to the Fitness &amp; Performance Lead Coaches, core responsibilities include:</p> <ul style="list-style-type: none"> <li>• Lead coaching delivery and programming support for recreational group workouts, including IMPACT Training and Big/Studio HIIT;</li> <li>• Design and implement unique training program plans for various external group training clients;</li> <li>• Act as primary coaches of Personal Training Services and maintain at least 2 personal training clients at a time throughout contract period;</li> <li>• Conduct movement assessments and appropriately utilize assessment results within program design;</li> <li>• Support coaching of intercollegiate athletic training sessions as required;</li> <li>• Act as secondary support and mentorship aids of Student Leadership Fitness &amp; Performance Coaches;</li> <li>• Effectively work and collaborate with various F&amp;P coaches and staff members;</li> <li>• Support facilitation of the health and safety of spaces and members, including supporting space cleanliness and tidiness, equipment maintenance reporting, and injury/incident reporting;</li> <li>• Actively participate in on-going professional development workshops and maintain a Coaching Portfolio that will guide learning and milestones throughout the working period;</li> <li>• Deliver exceptional customer service support to all members;</li> <li>• Support with daily operational tasks and other F&amp;P projects as assigned.</li> </ul>
<b>Qualifications:</b>	<p><b>Education:</b></p> <ul style="list-style-type: none"> <li>• Completed a degree and/or certificate in Kinesiology / related field or equivalent combination of education and working experience.</li> </ul> <p><b>Experience:</b></p> <ul style="list-style-type: none"> <li>• Minimum one (1) year of working experience in a health, wellness, fitness, and/or physical education setting as a coach or instructor is required.</li> <li>• Customer service experience in a work or volunteer setting is preferred.</li> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Excellent communication (oral and written) and listening skills is required.</li> <li>• Demonstrated ability to work with a diverse group of people in a team and with various client populations.</li> <li>• Strong ability to manage multiple programs and task priorities at a given time.</li> <li>• Demonstrated commitment to equity, diversity, inclusion and promotion of a respectful and welcoming learning and working environment.</li> <li>• Demonstrated professionalism, ability to display tact and diplomacy and maintain client confidentiality.</li> </ul> <p><b>Certifications Required:</b></p> <ul style="list-style-type: none"> <li>• Pursuing or obtained <b>Certified Strength &amp; Conditioning Specialist (NSCA-CSCS)</b> certification or equivalent accreditation.</li> <li>• <b>CPR-C</b>; issued by Canadian Red Cross, Lifesaving Society, or St. John's Ambulance dated not more than one (1) year prior to your start date.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Standard First Aid;</b> issued by Canadian Red Cross, Lifesaving Society, or St. John's Ambulance dated not more than three (3) years prior to your start date.</li> <li>• Criminal Records Check (completed no more than one (1) prior to start date) may be requested if working with certain client populations.</li> </ul> <p><b>Other:</b> All successful candidates will be required to actively participate in all staff training and ongoing professional development workshops as outlined below:</p> <ul style="list-style-type: none"> <li>• <b>Mandatory Staff Training:</b> To be determined upon hiring.</li> <li>• <b>Ongoing Professional Development:</b> Bi-Weekly 1-hour sessions determined by availability.</li> </ul>
<b>Method of Application</b>	<p>Resume and cover letter to be submitted via email to:  <a href="mailto:fitness.performance@utoronto.ca">fitness.performance@utoronto.ca</a>  Subject line should include title of position.</p>
<b>Contact Information:</b>	<p>Alex Malone, Lead Coach, Fitness &amp; Performance  <a href="mailto:fitness.performance@utoronto.ca">fitness.performance@utoronto.ca</a></p>
<b>Date Posted:</b>	<p><b>November 22, 2023</b></p>
<b>Diversity Statement</b>	<p>The University of Toronto embraces Diversity and is building a culture of belonging that increases our capacity to effectively address and serve the interests of our global community. We strongly encourage applications from Indigenous Peoples, Black and racialized persons, women, persons with disabilities, and people of diverse sexual and gender identities. We value applicants who have demonstrated a commitment to equity, diversity and inclusion and recognize that diverse perspectives, experiences, and expertise are essential to strengthening our academic mission.</p>
<b>Accessibility Statement</b>	<p>The University strives to be an equitable and inclusive community, and proactively seeks to increase diversity among its community members. Our values regarding equity and diversity are linked with our unwavering commitment to excellence in the pursuit of our academic mission.</p> <p>The University is committed to the principles of the Accessibility for Ontarians with Disabilities Act (AODA). As such, we strive to make our recruitment, assessment and selection processes as accessible as possible and provide accommodations as required for applicants with disabilities.</p> <p>If you require any accommodations at any point during the application and hiring process, please contact <a href="mailto:uoft.careers@utoronto.ca">uoft.careers@utoronto.ca</a>.</p>