



# MoveU

## Team Member



**POSITION TITLE:** MoveU Team Member

**NUMBER OF OPPORTUNITIES:** 1-3

**DEPARTMENT:** Faculty of Kinesiology & Physical Education

**HOURS:** Average of 5 hours per week (May 2021 – August 2021)

### **Overview of MoveU Crew:**

MoveU is a tri-campus initiative launched in 2012, which aims to promote physical activity as a wellness strategy. A central message of the campaign is making physical activity accessible, and that being active doesn't mean taking a break from your real work. Rather, being active is you at your most productive. Students are encouraged to engage in physical activity as a stress reliever, a brain booster, and a social opportunity to improve their quality of life. Many of the initiatives and events are centered on this idea.

Volunteers are at the core of the MoveU Crew and are essential to the development and dissemination of relevant physical activity information and motivation to students. The group consists of a Team Lead who works together with the team to contribute to health promotion on campus. Volunteering provides you with the opportunity to participate in a program that is beneficial to student success and allows you to build skills in team building, leadership, communication and problem solving. You'll also become part of a community of amazing, dedicated and fun people.

### **The MoveU Crew Volunteer Team members are responsible for:**

- conducting in class physical activity movement breaks
- developing, designing and staffing health education displays on campus
- collecting, developing and distributing health education materials
- assisting in the coordination of health promotion events on campus
- developing and facilitating workshops
- participating in campus orientation events
- collecting statistics regarding the reach of health education programming for the purpose of program evaluation
- referring students to on and off campus resources; and
- liaising with campus and community partners in the development of health education initiatives

### **MINIMUM QUALIFICATIONS:**

#### **Education:**

- University of Toronto St. George student, and in good academic standing.
- Successful completion of a minimum of one year of university study

**Skills:**

- Interest in promoting student health and wellbeing
- Knowledge of campus and resources
- Excellent oral and written communication skills
- Strong time management and organizational skills
- Appreciation of diversity issues and respect for individual choices
- Knowledge of Microsoft Office

**Co-curricular Record Competencies developed:**

- Health Promotion
- Goal-setting and prioritization
- Project management
- Leadership
- Professionalism
- Reflective Thinking

**Please apply with resume, cover letter, and portfolio by April 9, 2021 to:**

Kate Moore

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