



**DIVERSITY
MOVES US.**

MoveU and Diversity Moves Us

Equity, Diversity and Physical Activity Volunteer



POSITION TITLE: Equity, Diversity and Physical Activity Volunteer

NUMBER OF OPPORTUNITIES: 10-15

DEPARTMENT: Faculty of Kinesiology & Physical Education

HOURS: Average of 10-15 hours per month (September 2022 – March 2023)

Overview of MoveU:

MoveU is an energetic, passionate, hard-working team of work-study students and volunteers dedicated to making physical activity a part of every University of Toronto (UofT) student's life. Launched as a campaign in 2012, MoveU aimed to promote physical activity as a wellness strategy and spread the message that physical activity doesn't mean taking a break from your work, but rather, being physically active is you at your most productive. Today, MoveU maintains the same values and continues as a branch of Sport & Rec, working to make physical activity opportunities that are accessible and welcoming for all activity levels (with a focus on beginners) and all body types. We focus on participation and enjoyment; our participants are too busy having fun to realize all the exercise they're getting!

Overview of Diversity Moves Us:

Diversity Moves Us is the Diversity and Equity team at Sport & Rec. It's a team of undergraduate and graduate students from across campus who plan, motivate and implement positive student-led initiatives which promote diversity, equity, inclusivity and physical/mental health. The team develops and implements events and projects related to sport and physical activity through student-staff partnerships.

The Equity, Diversity and Physical Activity Volunteers are responsible for:

- Providing support to the MoveU and Diversity Moves Us teams as needed
- Aiding in the planning, coordination, and facilitation of MoveU and Diversity Moves Us events and activities
- Leading tours and orientations of Sport and Rec facilities (Athletic Centre, Goldring, Varsity Centre/Arena)
- Promoting physical/mental health, MoveU and Diversity Moves Us events and activities, and Sport & Rec programs
- Participating in campus orientation events
- Referring students to on and off campus resources; and
- Liaising with campus and community partners in the development of initiatives

MINIMUM QUALIFICATIONS:

Education:

- University of Toronto St. George student enrolled for 2022/23 school year, and in good academic standing.
- Successful completion of a minimum of one year of university study at U of T.

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 applications

Co-curricular Record Competencies developed:

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

Please apply with resume and cover letter to:

Kate Moore

Assistant Manager, Physical Activity

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