Applications or nominations are invited for the position of Personal Trainer. The appointment is a casual hourly position in the Faculty of Kinesiology and Recreation Management, University of Manitoba.

The Fitness Consultant/Personal Trainer will report to the Health Promotion and Assessment Services Coordinator and provide direct service to the clientele of the Active Living Centre. Key responsibilities include: (as per CSEP-CPT scope of practice)

- Administering fitness appraisals to apparently healthy persons
- Interpretation and counselling in relation to client’s fitness appraisal results
- Provision of a tailored physical activity, fitness and lifestyle plan to help the client address any particular weakness identified and/or interests expressed including individualized exercise prescriptions using various modes of exercise and exercise equipment
- Design and lead exercise sessions with a client or group of clients using various pieces of fitness equipment
- Monitor and document a client’s physical activity/exercise program leading to safe and effective program planning and progression
- Provide information about programs and services appropriate for the individual’s needs and interests
- Provide support and inspiration to new and existing clients

The ideal candidate will be an energetic individual with high ethical and moral standards who has the best interests of the Active Living Centre clientele as a top priority at all times and will promote healthy lifestyle.

Qualifications:
Completed Bachelor’s degree in Kinesiology or related field required.
Current CPR and First Aid with AED certification required.
CSEP-CPT certification or equivalent required. CEP certification may be preferred.
Practical experience in exercise prescription and program development preferred.
Must possess strong interpersonal skills specific to developing a professional working rapport with members/clients.
Must be able to clearly define professional boundaries.
Must be passionate about active living, health and wellness.

Please send applications with expected hourly salary range and tentative availability to:
Adam Toffan, Coordinator, Health Promotion and Assessment Services
University of Manitoba
Recreation Services – 217 Active Living Centre
Winnipeg, MB, R3T 2N2 adam.toffan@umanitoba.ca

Position closes: ongoing applications will be processed