



Exercise Education Program



Black Creek Community Health Centre

Volunteer Opportunity

Dear Kinesiology & Health Science Students,

An exciting volunteer opportunity is available to you at the Black Creek Community Health Centre!

The Exercise Education Program (EEP) is a clinically-based exercise promotion and education centre focused on helping incorporate regular physical activity into the lifestyles of community residents. Placed within Community Health Primary Care setting, the EEP provides a non-threatening and inclusive opportunity for both symptomatic and healthy individuals to learn safe and effective exercise modalities. The program integrates clinical and population health-based practices. The success of the Exercise Education Program is due in large part to a strong inter-sectoral collaboration with academic partners, volunteers, and a strong commitment to the high standards of safety and community accessibility.

The transformation of the health care system in Ontario is a driving force behind the EEP's commitment to creating a service that supports the priorities and attributes of the Community Health Centre Model of Care and Wellbeing, the Local Health Integration Networks and the Ministry of Health and Long-term Care.

With this opportunity you will:

- Gain hands-on experience under the supervision of staff Registered Kinesiologists - Certified Exercise Physiologists (CSEP) to learn about clinical exercise prescription in a community health centre
- Share your knowledge of health and well-being directly with clients, with focus on active living
- Challenge yourself by applying your health-related knowledge and skills with clients who are healthy and living with chronic medical conditions
- Engage with clients in individual and group settings to deliver physical activity support and instruction
- Learn to develop as a health care professional

Pre-requisites for Application:

- Kinesiology & Health Science students in their **3rd year or higher**
- **CPR-C** required (Standard First Aid and AED are also recommended)
- **Mandatory Police Criminal Record Check** required (**Must be submitted prior to starting**)
- ACSM Exercise Specialists or CSEP Certified Exercise Physiologists and Personal Trainers preferred (but not required)

Responsibilities include, but are not limited to:

- Assisting community members to initiate use of the Exercise Education Program
- Educating clients on how to stay active using minimal to no equipment
- Monitoring and providing feedback about exercise form and technique
- Discussing challenges regarding behavior change with focus on physical activity
- Teaching participants how to self-monitor exercise and progress
- Designing and facilitating group activity sessions

- Administrative duties (e.g. charting client interactions, phone calls, scanning, etc)
- Providing a safe and welcoming learning environment

Additional opportunities may include:

- Facilitating physical activity workshops
- Participating in community events
- Developing and researching physical activity resources

Volunteers certified to work with individuals living with chronic conditions are able to plan, prescribe, and implement exercise programs, under the supervision of staff Registered Kinesiologists.

We are asking for a commitment of (minimum) 3 hours per week throughout the summer term, starting in May. Times are variable throughout the week, Monday-Friday. Commitment must be made from [May 14th – August 24th 2018].

To apply for the position:

- 1) Please forward a cover letter and resume to **Frederyck Franco & Jean Fraser at: exercise.program@bcchc.com no later than [April 23rd 2018] at [1:00pm]**
 - The subject line of your email should read “Volunteer Kinesiologist Assistant”
 - The file name for your resume should read: “(last name) _ (first name) _ Resume
 - The file name for your cover letter should read: “(last name) _ (first name) _ Cover Letter
 - The e-mail body should briefly summarize your reasons for wanting to volunteer with the Exercise Education Program
 - 2) Indicate which days and times you would be available to volunteer: Note: if successful, you will only be asked to commit to one shift:
 - Mondays 2-5pm (Yorkgate site)
 - Tuesdays 10am-1pm OR 3pm-6pm (Yorkgate site)
 - Wednesdays 10am-1pm OR 3pm-6pm (Yorkgate site)
 - Thursdays 5pm-8pm (Sheridan site)
 - Fridays 10am-1pm OR 2pm-5pm (Yorkgate site)
 - 3) Confirm your availability to shadow a shift between [April 4th – April 27th 2018] during one of the above times (**required**)
 - 4) Confirm your availability to attend a **mandatory** training session:
 - Date: [May 11th 2018]
 - Time: 9:30am-4:30pm
 - Location: 1 Yorkgate Blvd, Suite 202 (2nd floor inside Yorkgate Mall – North-west corner of Jane St. & Finch Ave. W.)
- Selected applicants will be invited to an interview TBD in [May 2018].

**If you have any questions, please contact:
 Frederyck Franco & Jean Fraser, R.Kins, CSEP-CEPs
 Black Creek Community Health Centre
exercise.program@bcchc.com
 416-246-2388 ext. 3248 or 3250**