



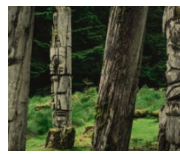
Job Opportunity

2 Student/Resident Kinesiologist positions open at Change BC in the Pacific Northwest Division of Family Practice

A unique opportunity for UBC School of Kinesiology students to work in a team-based collaborative healthcare environment with doctors, dieticians and kinesiologists on one of four Pacific Northwest communities. Apply today!

If you are interested please contact Dr. Robert Boushel [by December 15, 2021](mailto:Robert.Boushel@ubc.ca)

Please submit by email to: Robert.Boushel@ubc.ca



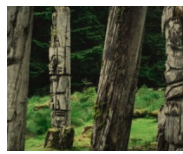
CHANGE BC – Student/Resident Kinesiologist - Pacific Northwest Division of Family Practice

Located in BC's stunning Pacific Northwest region, this position gives the student an exciting opportunity to be part of an innovative program under development within Primary Care called CHANGE (Canadian Health Advanced by Nutrition and Graded Exercise BC). CHANGE BC is a Family Physician led model to provide customized supports for patients with metabolic syndrome /type 2 diabetes together with Kinesiologists and Registered Dietitians.

CHANGE BC currently has positions open for two (2) Student/Resident Kinesiologists. These Student/Resident Kinesiologists will be working with Family Physicians supporting patients with exercise prescriptions in person and virtually in Pacific Northern BC communities such as Haida Gwaii, Smithers, Prince Rupert, Nisga'a Valley, Terrace, Kitsumkalum or Houston. Students will have excellent opportunities to help with the introduction and strengthening of Kinesiologists as cornerstone interprofessional primary care team members working closely with Family Physicians and will be a highly valued local support for patients. Hours will vary according to patient and clinic schedules, but will likely include occasional evenings and /or weekends.

Primary Duties:

- Provide exercise through one-on-one and group exercise instruction in person and virtually to patients with a variety of abilities and of varying health status
- Assist Kinesiologist in performing fitness assessments and developing exercise prescriptions for patients
- Liaise between patients and lead Kinesiologist, local Family Physicians, Physiotherapists, Dietitians, and other health professionals involved in the CHANGE BC program
- Be empathetic and build rapport with patients
- Develop education resources, with an emphasis on a combination of in person, group, and virtual supports for patients
- Work collaboratively as part of an interdisciplinary team
- Help patients overcome lifestyle barriers to improve health
- Demonstrate exercises to patients
- Charting and record keeping for visits with patients
- Be professional and respect patient and Family Physician Practice confidentiality at all times
- Develop innovative community health projects for sustained lifestyle improvements with all members of the community or targeted groups.

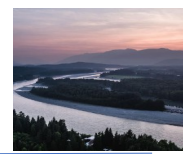
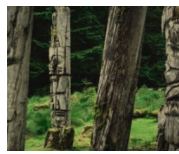


Qualifications:

- Be an undergraduate student of Kinesiology / Human Kinetics or equivalent (preferably completed at least 2 years of the program)
- Have completed university courses or certificate in teaching exercises safely
- Have the ability to work independently, with regular scheduled check-ins as the Kinesiology supervisor will be providing guidance from a remote location
- Valid CPR and First Aid certificates
- Able to help patients through technological difficulties associated with remote visits, setting up video conferences, etc.

[Change BC](#), in partnership with Metabolic Syndrome Canada, and Family Physicians from four Pacific Northwest communities: Haida Gwaii, Houston, Smithers and Terrace are leading the way in British Columbia as the very first sites to develop CHANGE BC, and excellent, innovative primary care lifestyle support program for patients.

See page 3 for more information and student testimonials about valuable take-aways, the community and lifestyle afforded by this incredible job opportunity.



Apply today if you would like a career opportunity that provides:

- **A Unique Clinical Specialization in Kinesiology**
This opportunity will provide the successful student with a unique specialization that will distinguish them from other candidates in the field of kinesiology, and potentially help to afford them other opportunities that will help to launch their career.
- **A Cutting Edge Experience in Interprofessional Team-based Care**
You will receive first-hand experience in interprofessional collaboration and team-based care, and will be mentored by experienced kinesiologists, dietitians and physicians.
- **Development of Culturally Sensitive Workplace Skills**
Healthcare and reconciliation in Canada go hand in hand. One of UBC's strategic priorities is to work in a more inclusive and equitable manner with our Indigenous Peoples as part of Canada's reconciliation process. This position will provide students with critical skills in working in a culturally sensitive manner with Indigenous community members.

Here's what a couple of past KIN student interns have to say about their experience with Change BC:

Kassi Welch (BKin '19), worked at Change BC in Haida Gwaii, BC

"As the intern student on-site, I facilitated the program in the community. This involved administration of the program, communicating with the local doctors and reporting to the lead kinesiologist/dietician who is off-site. I met with each patient one-on-one every week which allowed me to develop a good connection their individual needs. And working closely with the family doctors and a nutritionist means a wholistic approach to helping create personalized care..."

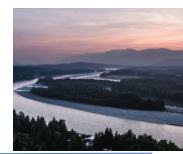
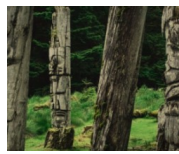
Read more: <https://kin.educ.ubc.ca/kassi-welch-bkin/>

Harry Sidhu (BKin '20), worked at Change BC in Houston, BC

"Working with CHANGE allowed me to expand my knowledge in a lot of avenues, providing more information about the health sector while giving me exposure to the careers I might be interested in going into the future. Plus everyone was really helpful and friendly. Along with that, winter activities in the North are really cheap and accessible!"

Read more: <https://kin.educ.ubc.ca/harry-sidhu-bkin/>

This collaborative program is offering two UBC School of Kinesiology students a unique opportunity to work and live in one of these communities. This internship is a paid position and housing will be covered. Work will be conducted both in-person and remotely and will comply with all COVID-19 protocols and policies.



Taking an internship at Change BC will not only provide you with incomparable professional experience, but it affords you with an opportunity to experience another way of life and lifestyle open to you. The benefits of this lifestyle are many, ranging from the solitude of a rural setting, to the spectacular views, to the amazing recreational opportunities that abound. There is something for everyone, everywhere here!

Read about Change BC

<https://www.changebc.net/change-program>

Learn about Metabolic Syndrome

<https://www.dropbox.com/s/vryciwhve49lhcd/MetSC%20BC%20Video%20v5.mp4?dl=0>



Learn about BC's Northwest Region

<https://visitnorthwestbc.ca/>

Learn about the towns of the Pacific Northwest

<https://divisionsbc.ca/pacific-northwest/practice-here/living-here>