



### **BodyWorks Instructor**

#### **Job Description**

The BodyWorks program is a Community Outreach Program of the School of Kinesiology which runs primarily out of the UBC BodyWorks Fitness Centre at the Osborne Centre as well as out of various local community facilities. BodyWorks offers physical activity programs for adults of any age or ability, with specialty programs for specific populations such as older adults, people recovering from stroke, and people living with conditions affecting their balance. BodyWorks provides employment, experiential learning and volunteering opportunities for Kinesiology students, as well as providing a participant pool for research within the School.

BodyWorks Instructors plan and deliver physical activity classes to adults with and without chronic health conditions and of varied ability. Instructors may be required to work independently with support and under the direction of the Exercise Physiologist and Program Manager on new projects and matters that depart from established policies and procedures. Instructors report to and receive direction from the Exercise Physiologist and Program Manager and work collaboratively with other instructors and BodyWorks volunteers and Osborne Centre staff to build relationships and implement the UBC BodyWorks Program.

The main job responsibilities for this position are:

- Assist the Kinesiology Outreach Program in implementing the various BodyWorks programs, all of which engage adults from the UBC and local Vancouver community in physical activity
- Provide structured and supervised physical activity to adults of all ages in a safe, fun and physically active environment.
- Plan and lead lessons tailored to the specific health conditions and fitness of the group, adjusting activities as necessary to provide optimal challenge for each participant.
- Maintain a safe instructional environment, which includes setting-up and inspecting equipment, bringing forth health and safety concerns to the Exercise Physiologist and Program Manager
- Provide ongoing feedback to participants, which may include the preparation of fitness reports
- Demonstrate a professional attitude and appearance at all times, especially when interacting with participants, prospective participants and volunteers
- Assist with program evaluations, the development of lesson plan and program manual content, and additional administration tasks as necessary
- Act as a mentor and as a resource to junior BodyWorks instructors and Kinesiology student volunteers

#### **Qualifications**

The ideal candidate is an undergraduate or graduate Kinesiology student with a passion for fitness and helping adults of all ages and ability improve their health through physical activity. Preference will be given to students with training experience and those pursuing a career in Kinesiology or clinical exercise.

To be eligible for this position, students must also have or be eligible and willing to obtain the CSEP CPT certification. Successful candidates must obtain a Vulnerable Sector criminal record check and CPR - C emergency first aid certification- both of which are at least partially subsidized by the School of Kinesiology Outreach Programs.

The ideal candidate will be in good physical health with the ability to demonstrate exercise, provide safety spotting for participants while they exercise, and move equipment.



Required skills and experience:

- Passion for physical activity and working with older adults and people with chronic conditions
- Enthusiastic, responsible, and reliable team player
- Excellent leadership, interpersonal and communication skills
- Experience working with people from a variety of backgrounds/cultures, the ability to speak other languages is an asset
- Ability to commit to a regular shift for the duration of the session

**Rate of Pay**

If a UBC Work Learn Appointment is available, \$20.55/hour. Otherwise \$18.00/hour.

**Application Deadline**

Ongoing. Please contact for upcoming term deadlines.

Interested parties should submit a cover letter and resume to the BodyWorks Exercise Physiologist

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