



Healthy Living Program Volunteer

(Camosun College - Bachelor of Exercise and Wellness Practical Internship Student Placement)

Eagle Creek YMCA-YWCA (View Royal, BC)

Vacancies: 2

Position: Volunteer

Placement: 3rd and 4th Year Camosun College - Bachelor of Exercise and Wellness Practical Internship Students.

Start Date: September 2019; up to 8 months commitment.

Hours: Sunday - Friday [mornings/evenings (hours to be determined)], approximately 8-10 hours per week.

Nature and Scope:

The Healthy Living Program Fitness Volunteer will work alongside the Y Healthy Living Program Coordinator to provide a safe, effective and semi-private fitness-based workout regimen for members living with a chronic condition looking to move forward with their active-living lifestyle. The Healthy Living Program Fitness Volunteer will assist in the development and implementation of our community-based exercise programs and the coordination of member care throughout the program while working within the Y community. For more information on our Healthy Living Programs, **we recommend you visit:** <https://vancouverislandy.com/program-services/community-health/>

Responsibilities:

- Applies principles of exercise physiology through functional fitness exercises (does not prescribe exercises)
- Monitors the exercise environment for member safety and tailors exercise to the needs and level of the members in the group
- Applies principles of exercise physiology and kinesiology to individual participants
- Provides safe group-based exercise programs, such as aerobic, strength, balance and flexibility exercises, and established progression of exercise training based on intake
- Provides ongoing psychosocial support during exercise and with follow-ups
- Continues to further ones knowledge of the chronic conditions through workshops, self-study and Y leadership opportunities

Qualifications:

- A 3rd or 4th Year Camosun College - Bachelor of Exercise and Wellness Practical Internship student
- Holds certification/degree in one of the following:
 - CSEP or BCRPA Personal Training/Group Fitness or YMCA Canada Personal Training/Group Fitness Strength Instructor
 - Bachelor of Exercise and Wellness degree in progress
- Current Standard First Aid and CPR C required
- A clear Police/RCMP Criminal Record Check with Vulnerable Sector Screening required
- Experience working with participants with a chronic condition

- Ability to obtain any necessary fitness certifications as needed (training will be provided)

Competencies:

- Commitment to Organization Vision and Values
- Customer Service
- Communication
- Teamwork
- Self-Management
- Problem Solving
- Planning and Organization
- Commitment to Health and Safety

To Apply: Please send a cover letter and resume to:

Human Resources
YMCA-YWCA of Vancouver Island
Email: hr@vancouverislandy.ca

Please Note:

- 1. Application Deadline:** *This posting will close when a suitable candidate has been found.*
- 2. Please indicate in your cover letter how you heard about this position.**
- 3. We thank all applicants, but only short-listed candidates will be contacted.**

The YMCA-YWCA of Vancouver Island is an equal opportunity employer.