

CO-OP STUDENT PLACEMENT OPPORTUNITY

POSITION TITLE:	Chronic Disease Management Program Instructor
DEPARTMENT/DIVISION:	Community Services/Recreation & Culture
SUPERVISOR:	Jessy Bogacki – Adult Fitness, Wellness & Inclusion Services
LOCATION:	Canada Games Complex
NUMBER OF POSITIONS AVAILABLE:	2
PREFERRED TIME OF DAY:	Morning

GENERAL DUTIES:

- **Monitor participants safety**
- **Warm up and cool down participants for exercise**
- **Socialize with participants**

POSITION QUALIFICATIONS:

- Must be able to deal with the public in a courteous and tactful manner
- Must be able to work with minimal supervision
- Must be highly motivated and work well in a team environment
- Should have a background in sports or lifting (preferred)
- Must be physically fit (requires lifting of light weights- 10lbs or under, able to exercise for 20-30 minutes)
- Requires work attire: running or training shoes, stretchy/athletic pants/shorts, athletic t-shirt/long sleeve