



JOB POSTING

POSITION TITLE	Strength & Conditioning Coach
REPORTS TO	Adult Programs Coordinator, Personal Training Coordinator & High-Performance Coordinator
TERM	Continuing
COMMITMENT	Part-Time (Up to 30 hours/week)
COMPENSATION PACKAGE	To commensurate with experience and education

ORGANIZATION SUMMARY

Founded in 2008, PISE is a **non-profit organization** that provides programs and services for South Vancouver Island while managing the Pacific Institute for Sport Excellence facility, the first summer sport institute in Canada. Nationally recognized for work in the areas of physical literacy and inclusion, PISE is also a part of the ViaSport Regional Alliance in BC. The organization helps build a healthy, active community while focusing on inclusion, physical literacy, active living and supporting the development of performance sport. PISE's driving purpose is to **transform lives through healthy activity and sport** by providing physical activity and health education programming and services for children, youth and adults. Visit PISE.ca to learn more.

POSITION SUMMARY

A PISE Strength & Conditioning Coach is the face of PISE when working with our clients and programs. This position requires professionalism, excellent customer service and client retention abilities, as well as a proficient level of strength and conditioning knowledge in order to design and deliver programs based on age, level and ability.

KEY ROLES & RESPONSIBILITIES

- Design and implement strength and conditioning programs for community based programs
- Design and implement strength and conditioning programs for individual clients
- Deliver pre-employment testing protocols or ergonomic related testing as required
- Room/equipment set up and take down
- Light cleaning duties and tidying throughout facility as necessary
- Answer client questions and assist where needed (spotting, etc.)
- Communication with clients around new program intakes
- Assist in the creation of programming for individuals with developmental and cognitive impairments and/or behavioural challenges
- Lead or assist with the delivery, coordination and development of adapted strength and conditioning programs at PISE

KNOWLEDGE, SKILLS & ABILITIES

- Ability to build strong relationship based on trust, support, and open communication
- Possesses strong leadership and interpersonal skills
- Promotes teamwork and commitment to PISE's overall mission, vision, and goals
- Demonstrates drive and initiative

JOB POSTING

- Analyzes issues and resolves problems with excellent judgement and decision-making skills
- Establishes realistic plans and executes efficiently
- Understands strategies and identifies areas for improvements

QUALIFICATIONS

- Post-secondary degree or diploma in Kinesiology, Recreation or other related field
- NSCA-CSCS or CSEP certification mandatory or ability to obtain certification within 3 months of hiring
- Experience with group fitness and/or personal conditioning
- Current Standard First Aid CPR/AED Level C
- Current Police Information Check with Vulnerable Sector Screen, or willingness to provide one prior to start of position
- Working knowledge of Microsoft Office and other basic computer skills
- Healthy lifestyle and an interest in health & wellness

TO APPLY

This position will remain **open until a suitable candidate is found**. To apply, please submit a resume and a cover letter to:

Brianna Coburn
HR and Administrative Coordinator
careers@pise.ca

Thank you for your interest in PISE.

*Please note, due to the number of resumes received,
only candidates selected for an interview will be contacted.*