

## JOB POSTING

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|-----------------------|---|
| <b>POSITION TITLE</b> | Strength & Conditioning Coach             |
| <b>REPORTS TO</b>     | Personal Training and Testing Coordinator |
| <b>TERM</b>           | Continuing                                |
| <b>COMMITMENT</b>     | Part-time                                 |

### 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](http://PISE.ca) to learn more.

### POSITION SUMMARY

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

### KEY ROLES & RESPONSIBILITIES

- Design and implement strength and conditioning programs for individual clients
- Design and implement strength and conditioning programs for community-based programs and teams
- Deliver pre-employment testing protocols as required
- Opportunity to assist Canadian Sport Institute Pacific in the implementation of POPAT
- 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.)

### KNOWLEDGE, SKILLS & ABILITIES

- Ability to build strong relationship based on trust, support, and open communication
- Possesses strong leadership and interpersonal skills
- Demonstrates drive and initiative
- Analyzes issues and resolves problems with excellent judgement and decision-making skills
- Promotes teamwork and commitment to PISE's overall mission, vision, and goals

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### QUALIFICATIONS

- Post-secondary degree or diploma in Kinesiology, Recreation or other related field
- NSCA, CSEP or BCAK certification (Preferred)
- Experience with personal conditioning and group 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

Please submit a resume and a cover letter by **8:00am, July 24<sup>th</sup>, 2022** to:

Brianna Coburn  
HR and Administrative Coordinator  
[careers@pise.ca](mailto: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.*