



Centre of Lifestyle Studies

Full-time Research Assistant, Clinical Exercise Physiologist

The Centre of Lifestyle Studies (COLS) coordinates and supports interdisciplinary research and community engagement activities which increase our understanding of lifestyle choices contributing to health and wellness. The primary purpose of the Centre is to understand the personal, social, economic and environmental benefits associated with pursuing healthy lifestyles, and provide a variety of services and programs.

As part of our team, you will work with the COLS director, COLS program coordinator, Clinical Exercise Physiologists and relevant professionals to develop in-person, virtual and/or blended exercise and education programs to support community participants in COLS Community Exercise programs. You will assist with the admission of program participants into programs (i.e. risk screening, chronic conditions review, coordinate & administer fitness assessment).

Program Description- Acadia 'Active for Life'

These programs are intended for community members who are healthy, have stable medical conditions, or multiple co-morbidities, wanting to develop on-going fitness and well-being. The goal of these programs is to help adults and older adults remain active and fit in their own communities. This is a group-based supervised exercise program led by a Clinical Exercise Physiologist who can modify and adapt exercise routines to individual needs but is not an individualized or group personal training program. There is some education combined with exercise instruction to help participants develop the confidence and capacity for including exercise for active life and well-being.

The program will guide participants through progressive exercise strategies toward self-management of fitness. Programming will also support participants virtually (using platforms like Zoom) with the goal to build capacity for participants to complete fitness activities on their own.

Primary Responsibilities:

One-on-One Physical Activity Counseling with Collaborative Family Practice (s). Delivering Community Exercise Programs for Individuals with a range of abilities and stable medical conditions; COLS Active for Life (AFL) programs at Acadia, New Minas, Port Williams and Virtual. Also, one-one PA counseling at the Wolfville Professional Centre COLS office.



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Collaborative Family Practice Team Support

Provide one-on-one physical activity counseling and fitness and exercise management to patients as part of collaborative primary care practice that includes several physicians, psychiatry, nurse practitioner, physiotherapist(s), dietitian and other allied health professionals.

- Receive and manage referrals from other health care providers: review patient history and provide communication back to providers through electronic medical records and written form.
- Coordinate individualized action plans for patients to be active at home or in their communities.
- Provide follow-up assessments and/or referrals to community exercise programs and/or fitness centres or to other health care providers as needed for patient on-going care and follow up.
- As necessary, complete occasional home visits or virtual appointments for patients who may not be able to attend appointments or an available exercise program directly.
- Keep track of referrals from health care providers, document scheduled appointments (intakes, follow ups, no shows, cancellations, rescheduled appointments), and keep track of patient exercise testing results (intakes and follow ups).
- Coordinate and support exercise programming in community settings, working with the COLS program director and recreation programs.
- Perform quality assurance evaluations of referrals and patient outcomes.
- Attend collaborative team meetings and participate in administrative duties as needed for the collaborative practices.

Community Exercise Programs Delivery

Work with the COLS director, COLS program coordinator and relevant professionals to develop in-person, virtual and/or blended exercise and education program to support community participants in COLS Community Exercise programs: Community Active for Life (in communities and virtually), Acadia Active for Life. May also work with other programs such as Acadia Cardiac Maintenance, Acadia Active Aging, EXCEL (Cancer Exercise)

Work with Acadia COLS Administrative Coordinator and the COLS program coordinator, to coordinate admission of program participants into the program (i.e. risk screening, chronic conditions review, coordinate & administer fitness assessment).



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- Develop exercise programs and individualize exercise prescriptions based on participant needs
- Deliver and manage exercise sessions (following public safety guidelines for remote training and in-person opportunities when and if available and when necessary).
- Monitor participants' exercise technique and supervise program assistants (i.e. students) that may be helping to deliver the program.
- Manage equipment and facility needs to deliver the program.
- Document program information, participant outcomes (fitness testing results) participant attendance, volunteer hours.
- Develop reports of program evaluation, contribute to the writing of grants/applications for program funding.
- Do professional education to develop skills in areas as needed (e.g. EXCEL Cancer Exercise, Pain etc.).
- Liaise with the School of Kinesiology, Community recreation departments, other partners/stakeholders.

Required Qualifications

- Bachelor of Kinesiology degree (or equivalent)
- CSEP-Certified Clinical Exercise Physiologist
- Documented experience completing fitness assessment, providing physical activity counseling and exercise prescription to individuals with stable chronic conditions (eg. cardiovascular, metabolic, musculo-skeletal, neuromuscular and aging conditions)
- Reliable transportation and ability to travel to various communities

Desired Skills

- Excellent oral and written communication and counseling skills
- Excellent organizational skills and comfortable working in a team with health care professionals and community administrators
- Empathy, and the ability to develop rapport with patients, particularly older adults
- Ability to conduct individual fitness evaluations, obtain and document accurate health histories, complete program evaluation, and summarize results in reports (using data management programs like MS excel and using MS word).



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Schedule: This is full-time, one-year contract, beginning August 20, 2025, ending July 30, 2026. Monday – Friday, no evenings or weekends. Approximately 35hrs per week.

Salary: \$30-\$36 per hour, depending on qualifications and experience (this includes 4% vacation pay). Travel reimbursed.

To Apply: To apply for this position please e-mail your cover letter, resume and references to kate.kirkpatrick@acadiau.ca with subject line 'FT CEP application'.

Application Deadline: July 25, 2025 at 4:30pm

Please be advised that only those invited for an interview will be contacted. COLS will be entitled to terminate your employment at any time if external funding is no longer available or sufficient.

COLS invites applications from all qualified individuals; however, Canadians and permanent residents will be given priority. Acadia University is committed to employment equity and diversity in the workplace and welcomes applications from Aboriginal people, African Nova Scotians, persons with disabilities, visible minorities, women, and persons of any minority sexual orientation or gender identity. Consistent with the principles of employment equity, the primary criterion for appointment to a position is qualifications and professional excellence. Candidates who identify as a member of one of the aforementioned groups, and who wish to have the application considered as such, are invited to submit the online Employment Equity Voluntary Self-Identification Form as part of their application package.