ACADIA UNIVERSITY

Centre of Lifestyle Studies

Part-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:

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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- 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).
- 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.
- Do professional education to develop skills in areas as needed
- Liaise with the School of Kinesiology, Community recreation departments, other partners/stakeholders.
- May also do one-one physical activity counselling at a local collaborative family medical practice, providing fitness and exercise management to patients as part of collaborative practice team that includes several physicians, psychiatry, nurse practitioner, physiotherapist(s), dietitian and other allied health professionals.

Additional Responsibilities:

- Administrative role: attending meetings, completing data entry, management and analysis.

Required Qualifications

- Bachelor of Kinesiology degree (or equivalent)
- CSEP-Certified Clinical Exercise Physiologist (strongly preferred) or CSEP-Certified Personal Trainer
- 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).

Schedule: This is a part-time, 8mth contract, beginning September 2, 2025, ending April 30, 2026. Monday – Friday, no evenings or weekends. Approximately 15hrs per week.

Salary: $25-$35 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 'PT 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 afore-mentioned 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.