



Sherwood Park Family Physicians NPC
108, 150 Broadway Crescent
Sherwood Park, AB
T8H 0V3

The Sherwood Park – Strathcona County Primary Care Network is a group of health care professionals and administrative staff who work with you and your Doctor to help you live well. Our caring team provides education and support for managing chronic diseases and mental health concerns, while providing access to specialists and services all within your local community.

We are currently looking for an experienced **Exercise Assistant (CSEP-CPT)** to join the Exercise program team for an 18 month, temporary role. An exciting opportunity to work in a busy Primary Care Clinic with a cross-section of patients. If you have the qualifications listed below, please submit your resume along with a cover letter for consideration.

Full time 1.0 FTE Temporary Position: 20 months

38.75 hours per week (One to two evening shifts required)

This position will be required to work in both Sherwood Park and Fort Saskatchewan offices

SPPCN offers a comprehensive compensation package

Position Summary

The Exercise Assistant (EA) works collaboratively with patients, Exercise Specialists, and family physicians. The EA will work within the scope of practice as outlined by their certification. The EA is responsible for assisting in providing exercise patient care and education to individuals and groups. The EA will work with the administrative team to triage all exercise referrals and conduct navigation phone calls with each patient referred to ensure an appropriate designation of care is received for the patient in a timely manner. The EA will assist in the development of exercise protocols in a team environment and will implement strategies for improving the quality of care and the delivery of health promotion programs including exercise programs and services to the practice population. The EA will also co-facilitate general group physical activity education classes with an Exercise Specialist.

Key Responsibilities

- Encourages patients to set goals for increasing physical activity and active living
- Provides education about the different types of physical activity, exercise, active living, exercise modalities and the health benefits of physical activity
- Monitors individually tailored physical activity plans as outlined by the Exercise Specialist
- Provides practical demonstrations and instruction on techniques for cardiovascular, resistance and flexibility exercises and proper use of exercise equipment
- In conjunction with the Exercise Specialist, adjusts programs where needed
- Facilitates appropriate referrals to community resources and programs
- Ensures the maintenance of accurate records in keeping with practice policy and professional guidelines
- Co-facilitates group information classes for physical activity and other healthy living strategies

Skills

- Extensive knowledge of exercise processes and practices
- Strong, written, verbal and interpersonal communication skills
- Ability to assess, communicate and work with a variety of patients
- Strong group facilitation skills and ability to apply principles of teaching and learning
- Experience with Electronic Medical Records (EMR) and Netcare preferred
- Ability to prioritize, manage time effectively and be flexible in an active work environment
- Maintain respect and confidentiality
- High levels of integrity and professional behavior
- Must have the ability to transfer, lift (30lbs minimum), bend, kneel, demonstrate exercises and utilize related equipment

Education and Experience

- Canadian Society of Exercise Physiology Certified Personal Trainer certification (CSEP-CPT) required
- American College of Sports Medicine Certified Personal Trainer may be considered
- 3+ years of clinical exercise experience
- Direct experience as a clinical Exercise Assistant providing health promotion, health screening, exercise support, and education preferred
- Experience in the following an asset:
 - Chronic Disease Management
 - Osteoarthritis
 - Pain Management
 - Health Behavior Change
 - Motivational Interviewing
- Previous PCN experience is beneficial as well as working in a team setting with other health professionals
- CPR Required

Personal Attributes and Competencies

- Enthusiastic, positive, can-do attitude
- Flexible, creative and can manage competing priorities
- Act ethically, responsibly and be accountable for actions
- Ability to respect other views/opinions
- Ability to have difficult conversations and be comfortable asking questions
- Adhere to applicable confidentiality and privacy rules and legislation

Working Conditions

- A current and clear Police Information Check required
- A valid driver's license and access to a vehicle for travel to various stakeholder locations

APPLY TODAY

We thank all the applicants, however, only shortlisted will be contacted. Open until suitable candidate found.