



POSITION DESCRIPTION

POSITION TITLE: Kinesiologist – Rehabilitation Program

RESPONSIBLE TO: Director, Health Wellness

GENERAL ACCOUNTABILITIES:

*The **Kinesiologist – Rehabilitation Program** serves as a champion of the Vision and Mission and promotes an environment that is consistent to the Health Centre’s Statement of Values and Principles. The Kinesiologist – Rehabilitation Program is an essential member of the client-centred health professional team. The Kinesiologist Rehabilitation Program will work with the other members of the Health Centre’s teams to effectively and efficiently serve the Health Centre’s clients through traditional, non-traditional and innovative approaches to service delivery within the broad determinants of health framework.*

SUMMARY OF FUNCTIONS:

The Rehabilitation Kinesiologist will assist in the development and delivery of personal fitness programs for clients of the Health Centre especially clients living with diabetes. The position will work towards increasing the knowledge and skills and capacity of all health promotion programs regarding physical activity and personal fitness. The Rehabilitation Kinesiologist approach to client care is evidenced based and innovative and utilizes current exercise best practices within the determinants of health framework. This position works within an inter-professional team-based model in terms of both the client practice and program planning aspects of its responsibilities. A system perspective and attention to continuous quality improvement are essential to the success of this position.

SPECIFIC ACCOUNTABILITIES:

1. Establish and carry out comprehensive fitness assessments, setting appropriate goals for individual clients participating in the Diabetes and other Centre programs.
2. Prescribe a suitable exercise program to meet set goals.
3. Educate clients about lifestyle issues and determinants of health.
4. Attend weekly group exercise sessions to provide motivation, monitoring, support and feedback for clients.
5. Assist to remove barriers for programming, such as persons with visual impairments and cultural/language needs by providing one on one support and cultural interpretation.
6. Explore opportunities for clients to exercise at home or in the community including use of virtual care.
7. Assist in the recruitment of interested clients and co-ordination of information regarding program opportunities.

8. Provide motivational support to clients and families regarding long term behaviour modifications.
9. Develop and maintain partnerships with other physical activity providers in the community and the Health Centre to support clients with their goals.
10. Participate in evaluation and reporting: monthly stats and quarterly reports.
11. Other duties may be assigned, as necessary.

SPECIFIC TARGETS:

All Rehabilitation Kinesiologists will have a target of twenty (14 to 20) clients seen (units of service) per full clinical day worked. The average appointment will be 20 minutes (30 to 60 minutes during the pandemic) with the exception of appointments where an interpreter is engaged or when examinations and procedures require more time. Time will be scheduled for non-direct client care as needed and activity will be encountered in the EMR.

QUALIFICATIONS:

1. Bachelor Degree in Kinesiology.
2. Registered member in good standing with the Ontario College of Kinesiology.
3. Current BCLS or CPR and First Aid qualifications necessary.
4. Demonstrated interpersonal, time management, organizational and written communication skills.
5. Good understanding of diabetes and its relationship with physical activity. CDE certification or working toward certification, considered an asset.
6. Experience with EMR and Microsoft Excel an asset.
7. Understanding of adult teaching principles.
8. Previous experience leading and interacting with exercise groups an asset.
9. Hands on experience with computers – preferable with Microsoft Office.
10. The ability to work well as part of a multi-disciplinary health care team.

I understand the requirements, essential functions and duties of the position.

Employee Signature

Date: _____

Revised: September 2021