



COMPASS
COMMUNITY HEALTH

POSITION DESCRIPTION

POSITION TITLE: COPD Team Kinesiology Co-Op Student
RESPONSIBLE TO: COPD Team Co-Ordinators

GENERAL ACCOUNTABILITIES:

*The **Kinesiology Co-Op Student** 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 Kinesiology Co-Op Student is an essential member of the client-centred health professional team. The Kinesiology Co-Op Student will work with the other members of the Health Centre's teams to effectively and efficiently service 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 Co-Op Kinesiology Student will assist in the development and delivery of personalized fitness programs for clients of the Caring for My COPD Pulmonary Rehab program. The position will work towards increasing the knowledge and skills and capacity of health promotion programs regarding physical activity and personal fitness. The Co-Op Kinesiology Student's approach to client care is evidence-based and innovative and utilizes current therapeutic techniques 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 focus on creating a positive experience and ensuring continuous quality improvement are essential features of this position.

SPECIFIC ACCOUNTABILITIES:

1. Assist with setting client-centred goals for exercise program participation.
2. Prescribe a suitable exercise program to meet patient's goals.
3. Educate clients about lifestyle issues and determinants of health.
4. Provide motivation, monitoring, support and feedback for clients.
5. Explore opportunities for clients to exercise at home or in the community.
6. Assist in the development and co-ordination of patient and family education.
7. Provide motivational support to patients and families regarding long-term behaviour modification.
8. Other duties may be assigned, if necessary.



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QUALIFICATIONS:

1. Candidate for a Bachelor's degree in Kinesiology for a 4 month contract.
2. Demonstrated interpersonal, organizational and written communication skills.
3. Understanding of adult teaching principles.
4. Previous experience with groups an asset.
5. Hands on experience with computers – preferable with Microsoft Office.
6. The ability to work well as part of a multi-disciplinary health care team.
7. CPR and Standard First Aid.

Revised: May 2024