



POSITION DESCRIPTION

POSITION TITLE : COPD Kinesiologist – Caring for my COPD Program

RESPONSIBLE TO : Chief Operating Officer

GENERAL ACCOUNTABILITIES:

The COPD Kinesiologist – Caring for my COPD 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 COPD Kinesiologist is an essential member of the client-centred health professional team. The COPD Kinesiologist 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 COPD Kinesiologist will develop and provide individualized exercise programs for clients of the Caring for my COPD Program. The position will work towards increasing the knowledge, skills and capacity of other Compass group programs regarding physical activity and personal fitness. The COPD Kinesiologist approach to client care is evidence based and innovative and utilizes current exercise best practices within the determinants of health framework. This position works within an inter-disciplinary team-based model in terms of both the client practice and program planning aspects of its responsibilities.

A client-centered approach 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 Caring for my COPD Program.
2. Prescribe a suitable exercise program to meet set goals and work with clients one-on-one
3. Facilitate COPD group exercise sessions to provide motivation, monitoring, support and feedback for clients.
4. Educate clients about lifestyle issues and determinants of health.
5. Supervise and assist co-op kinesiology student with managing patients.
6. Support educational groups with the COPD team.
7. Explore opportunities for clients to exercise at home or in the community including use of virtual care.
8. Assist in the recruitment of interested clients and co-ordination of information regarding program opportunities.
9. Provide motivational support to clients and families regarding long-term behaviour modifications.
10. Develop and maintain partnerships with other physical activity providers in the community and the Health Centre to support clients with their goals.
11. Evaluation and reporting as required.
12. Other duties may be assigned, if necessary.



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SPECIFIC TARGETS:

All COPD Kinesiologist will have a target of **twenty (20) clients seen** (units of service) per full clinical day worked. The average appointment will be 60 minutes. 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. Registration with the College of Kinesiologists in Ontario.
3. Member of the Ontario Kinesiology Association.
4. Current BCLS or CPR and First Aid qualifications necessary.
5. CRE certification or working towards certification is considered an asset.
6. Demonstrated interpersonal, time management, organizational and written communication skills.
7. Strong understanding of COPD and its relationship with safe participation in physical activity.
8. Understanding of adult teaching principles.
9. Previous experience leading and interacting with exercise groups an asset.
10. Hands on experience with computers – preferable with Microsoft Office.
11. 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: July 2023