

SPORTS ACTIVITY COUNSELLOR

Nature of work

The principal and customary work of the employee in this employment class consists in leading one or more sports activities for various groups.

He may lead the instructor training activity of the Canadian Red Cross Society or the Lifesaving Society.

Required qualifications

Schooling

To have a secondary school diploma or a diploma or an attestation of studies which is recognized as equivalent by the competent authority.

Other requirements

To have a certificate issued by a sports federation or association;

or

to have at least twenty-five (25) hours of pertinent experience (if no certification is required).

Some characteristic duties

The employee in this employment class explains and leads one or more sports activities using appropriate methods for various groups and in areas such as: aerostep, aerotoning, aerobics, aqua fitness, aqua jogging, Talking Back!, ballet jazz, physical conditioning, aerobics, stress management, golfing, sports gymnastics, leader (swimming), workout in a gym, Red Cross Society and Lifesaving Society instructor, bodybuilding, tai chi, tennis, stretching, psychomotor skills, trampoline, etc.

In the field of physical conditioning, he prepares training programs that will meet the users' expectations and goals and advises them all along their fitness program.

He takes attendance, ensures the users' safety and reports any problem, accident or anomaly to his superior. He places the equipment at the disposal of the users and puts it back in storage; he writes various reports.

He may also lead the instructor training activity of the Canadian Red Cross Society or the Lifesaving Society.

He is called upon to co-ordinate the work of other support personnel involved in the activities for which he is responsible.

If need be, he performs any other related tasks.