



Exercise Specialist

Full-Time, Permanent (37.5 hrs/week)

The EOPCN is recruiting an Exercise Specialist to support Clinic Programs.

Reporting to the Clinical Manager, Clinical Director, or Designate, the Edmonton O-day'min Exercise Specialist supports the delivery of Primary Care Services in the family practice clinic setting. The Exercise Specialist uses the study of human movement as a member of, and in collaboration with, the multidisciplinary team in the delivery of consistent quality care to meet the needs of the patients.

The Exercise Specialist accepts responsibility for continuing competency through ongoing professional development including participation in educational programs, research, and quality improvement activities. The Exercise Specialist adheres to Canadian Society of Exercise Physiology Certified Exercise Physiologist™ (CSEP-CEP) or American College of Sport Medicine Certified Clinical Exercise Physiologist™ (ACSM CEP) professional practice standards, and Edmonton O-day'min Primary Care Network (EOPCN) policies and procedures. The Exercise Specialist is responsible and accountable for their own practice as defined by the CSEP-SEP/ACSM CEP. The Exercise Specialist practices in a setting where patient care needs are based on patient-centered care where individual needs are prioritized.

The position will be expected to work at our primary site at the Mira Health Centre and the Allin clinic depending on organizational needs.

KEY RESPONSIBILITIES & DUTIES

The Exercise Specialist focuses on assessment and skill-based interventions such as:

- Provides evidence-based care within full scope of practice.
- Obtains patient histories using appropriate evidence-based assessment techniques and instruments.
- Collects, documents and reports exercise and physical movement information from objective and subjective sources to identify patient health needs and goals.
- Monitors changes in health status using critical thinking skills.
- Uses patient-centered principles in the development, management, and evaluation of patient goals.
- Maintains therapeutic Exercise Specialist-patient relationships.
- Serves as a patient advocate and assists patients to advocate for themselves.
- Develops and coordinates exercise and movement strategies for individual patients relevant to their case history and health goals.
- Observes, reports, and documents changes in patient status and deviations from anticipated response/outcome.
- Evaluates and suggests modifications to the exercise and movement management plan based on patient needs on an ongoing basis.
- Develops and delivers exercise and movement programs and policies.
- Provides health education, addressing topics such as healthy lifestyle, risk reduction behaviors and preventative self-care.

- Organizes and implements exercise and movement education programs for individuals or groups of patients.
- Provides and reinforces teaching using developed educational materials.
- Assists with implementation of new exercise protocols and acts as a resource to other multidisciplinary staff.

QUALIFICATIONS

Minimum of 2 years of related experience. Please note that all candidates for the above position must have:

- Graduated from a four-year degree in Physical Education, Kinesiology, or equivalent
- Certified in either: Canadian Society of Exercise Physiology Certified Exercise Physiologist™ (CSEP-CEP) or American College of Sport Medicine Certified Clinical Exercise Physiologist™ (ACSM CEP) Certification
- Certified CPR C for Healthcare provider
- Experience using electronic medical records, Office 365, and Power Point.
- Excellent verbal and written communication skills
- Ability to prioritize and handle multiple competing tasks and responsibilities.
- Experience with Primary Care is an asset

Must be physically capable of performing duties related to position (i.e., assisting patients with physical and mental and mobility challenges during clinic visits, lifting a variety of clinic equipment and teaching materials and arranging classrooms and gym equipment for group teaching activities).

APPLY TODAY

The EOPCN offers a competitive compensation package with comprehensive health and dental benefits, a Wellness spending account, RRSP contributions, opportunity for continuing education and career growth, and an outstanding work environment.

Please submit your resume and cover letter by email to: jointheteam@eopcn.ca (Attn: Jelena)

POSTING EFFECTIVE: until a suitable candidate is found.

We thank all candidates in advance for their applications, however, only those being selected for an interview will be contacted.