



## PHYSICAL ACTIVITY FACILITATOR

Generation Health is a childhood healthy weights family based healthy lifestyles program developed by the Childhood Obesity Foundation (COF) and delivered in partnership with local delivery sites. The 10 week program addresses healthy eating, physical activity, mental health and sleep through behaviour change and parenting skills. The program sessions combine theory and activity opportunities delivered by a team including a Group Facilitator, a Physical Activity Facilitator and a Program Assistant.

The 10 week program consists of a weekly 2-hour session with both classroom theory time and gym activity time. In addition, there will be up to four additional facilitated family activity sessions over the 10 weeks.

### Duties include:

- Attend training workshop for the program
- Participate in regular pilot program delivery team meetings to support the ongoing implementation of the program
- Develop a thorough understanding of program delivery model and resources
- Participate in quality assurance procedures
- Maintain a good understanding of and implement local sites' policies including Health and Safety, Child Protection, Data Protection, and Anti-bullying policy
- Maintain client confidentiality according to established policy
- Plan and lead program physical activity sessions including set up and clean up
- If necessary, substitute for Group Facilitator to deliver session to families
- Participate in and support program evaluation activities, which may include providing evaluation documentation and focus group participation.
- Performing related duties as required

### Required skills and knowledge:

- Working with groups of children and at times their caregivers with the ability to engage and motivate them to participate in physical activities
- Able to manage and facilitate large groups of children
- Strong communication skills and experience working with a variety of cultures and family dynamics preferably in a family place setting
- Knowledge of physical activity guidelines for children and youth
- Experience leading physical activity for children and youth
- Excellent interpersonal, organizational, and communication skills
- Proven ability to develop and maintain effective cooperative relationships
- Able to work a flexible schedule

### Desired training and experience:

- Holds a current exercise/physical training degree/certificate/qualification
- Ideally trained in Run-Jump-Throw, High Five, YMCA Healthy Child Development, Fundamental Movement Skills and/or behaviour change
- Minimum 1 year experience working with children and families in a group setting
- First Aid/CPR certificate required



- Successful completion of a criminal record check

**Hours and Compensation:**

- Up to 56hrs per delivery cycle @ \$35 per hour (includes delivery time and prep time)