Exercise Specialist
Permanent Part-Time (0.8 FTE)

Working as a member of the Team-Based Care Program, the Exercise Specialist provides comprehensive exercise and activity education to improve the health of PCN patients. This position is primarily located in the Leduc central PCN office with specialized programming occasionally taking place off-site. The role will support the mission of providing quality, collaborative team-based care providing education, resources and support for the patient’s health journey and will act as an exercise resource to the multidisciplinary team and our member physicians.

Key Responsibilities:
- Counsel patients, individually and in group settings, on active living and exercise using a range of behavioral techniques such as motivational interviewing and based on the patient’s ability;
- Conduct patient exercise assessments training rehabilitation and lifestyle management consulting according to clinical practice guidelines;
- Assist patient’s in developing individualized active living plans;
- Coach and support behavior change across the lifecycle;
- Employ health promotion and health education strategies to support health behaviour change;
- Act as a kinesiology resource to members of the multidisciplinary team and PCN physicians;
- Develop and deliver group education programs;
- Coordinate services and care with patients including facilitating referrals to appropriate service providers and community supports.

Qualifications:
- BSc in kinesiology or equivalent;
- Certified Exercise Physiologist (CEP) with the Canadian Society for Exercise Physiology required
- Clinical experience in primary care with demonstrated assessment skills;
- Extensive knowledge of functional anatomy, exercise physiology and pathophysiology;
- Ability to make professionally autonomous decisions in coordinating patient care;
- Advanced knowledge in chronic disease;
- Experience working with multi-disciplinary teams;
- Strong effective written and oral communication skills;
- Current CPR;
- Current criminal record check;
- Must have own vehicle and valid driver’s license.

Please forward a letter of interest and resume to:
Lori Briggs, Team-Based Care Program Manager
Leduc Beaumont Devon Primary Care Network
#301, 4710-50 Street Leduc, AB T9E 6W2
Phone: 780-986-6624 Fax: 780-986-6634
Lori.briggs@lbdpcn.com

Thank you for your interest. Only those selected for an interview will be contacted.