



NIPISSING
UNIVERSITY
PHYSICAL AND HEALTH EDUCATION
COMMUNITY LEADERSHIP PLACEMENT

Placement Role (Title): Fitness and Wellness Assistant

Host Description: Centre for Fitness and Wellness, 22 Wing/CFB North Bay

Dates: Winter Semester

Placement Service Times: Meeting times will be negotiated with host. Most hours will be contributed Mon-Fri between the hours of 8am and 4pm. Evenings/weekends may be possible should the student be interested in working with the recreation staff.

Purpose: Students will gain practical experience learning to apply knowledge at the Centre for Fitness and Wellness, 22 Wing/CFB North Bay. Students will learn about military and civilian fitness and wellness programs and services. The Canadian Forces Morale and Welfare Services (CFMWS) employ staff across the Nation and overseas. Students engaged in this placement will have a unique opportunity to learn aspects of fitness programming, aquatics, sports and recreation at the local level, and also how it relates to military health promotion.

Placement Duties:

- Accompanying fitness and wellness staff during daily operations
- Performing administrative duties related to the delivery of fitness, sports, recreation and health promotion programs and services
- Perform equipment & facility inspections and maintenance
- Learning opportunities related to budgetary guidelines.

Placement Eligibility Requirements: Placement students must be flexible, able to work independently. Interest in continuing studies in fitness and wellness, sports and recreation or health promotion recommended. Valid police check and CPR Level C/FA required.

Number of Students Accommodated within placement: (minimum 50 hours): 1

Contact person within organization:

Paul Best

paul.best@forces.gc.ca

Placement application process: Students applying for this placement must submit a resume, cover letter directly to the host, and be willing to interview for the limited number of positions available.

Deadline to submit expression of interest: Friday, January 15th at 4pm