

SCHOOL OF APPLIED SCIENCES

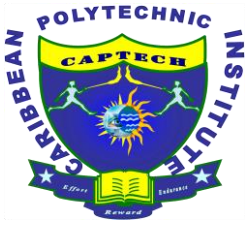
Part-time Instructor/Lecturer of Health and Fitness

Job Description

Ideal Candidate Profile

As an experienced or aspiring, Instructor/tutor, you are a practitioner with hands-on skills and bring domain competencies. You offer experience, personal management skills, subject matter expertise, and best practices to provide rich and authentic learning experiences.

- **Academic** - You will have professional Bachelor's degree in Exercise Science or Sports Science or other relevant disciplines.
- **Experience** - You will be an industry practitioner with:
 - 1) at least two (2) years teaching or experience up to tertiary/professional level
 - 2) the capability to transfer knowledge/concepts relating to the learning outcomes in a way that is easy to understand
 - 3) the capability to mentor and support learners around the programme activity schedule, to help learner's complete cognitive and performance activities that count to the learners' overall assessment.
 - 4) capability to transfer knowledge including practical skills, methods and techniques.
 - 5) ensure that teaching the delivery and assessment of learning comply with the quality and educational standards and regulations of the department.
- **Personal Management Skills** - You will have excellent English language, computer and information literacy skills.
- **Subject Matter Expertise** - You will not only possess relevant subject matter expertise, but you will be able to demonstrate quality instructional and technical skill proficiency to effectively deliver the following learning outcomes:
 - Describe your role as a personal fitness trainer
 - Apply the basics of human anatomy, physiology, biomechanics and kinesiology
 - Communicate the functions of the body's support systems and how they interact
 - Examine basic nutrition, digestion and metabolism of nutrients
 - Describe energy systems and cellular energy production
 - Apply best practices for client screening and assessment
 - Recognize and implement appropriate training methods for client goals
 - Apply methods for re-evaluating the client, fitness program and goals
 - Practice injury prevention concepts & how to prep for an emergency medical response
 - Define PRICE: Protection, Rest, Ice, Compression and Elevation
 - Practice motivational aspects and effective communication skills
 - Apply professional and ethical standards



- **Key Performance Areas** - You will have hands-on installation, configuration, implementation of key equipment.
- **Best Practices.** You will be familiar with the best practices, methods and techniques, as well as the ability to mentor the learner to apply these best practices, methods and techniques to real-world situations and/or to simulated examples.
- **Remuneration.** Excellent hourly rates are offered, with rates commensurate with experience.